

Dinner

RECIPE CARD

Fish & Chips (Serves 4)

RECIPE NAME

Dinner

MEAL TIME

10 minutes

PREP TIME

35 minutes

TIME TO COOK

Save the calories by tucking into this healthier version of fish & chips

NOTES

551 kcal
per serving

CALORIES

INGREDIENTS

- ★ 3 medium slices day-old white bread from a small 400g loaf, *torn into pieces*
- ★ 800g floury potatoes, such as King Edward, *peeled and cut into thick chips*
- ★ Low-calorie cooking spray
- ★ Sea salt and freshly ground black pepper
- ★ 4 x 170g skinless and boneless cod fillets
- ★ 2 eggs
- ★ 2 tbsp beer
- ★ A small handful of fresh parsley, *finely chopped to garnish*
- ★ Mushy peas, *canned*
- ★ Lemon wedges to serve

METHOD



Preheat your oven to 220°C/Fan 200°C/Gas 7. Line two baking trays with baking paper. Whizz the bread in a food processor until crumbed, then transfer to a plate.



Boil the chips in lightly salted boiling water for 4-5 minutes, then drain well, return to the pan and cover. Lightly shake to roughen up the chips' edges, then arrange on one of the baking trays in a single layer. Spray with low calorie cooking spray, season and bake for 15-20 minutes, or until golden.



Meanwhile, season the cod. In a shallow bowl, beat together the eggs and beer. Dip the fish in the egg mixture, then coat with the breadcrumbs. Transfer to the second baking sheet. Repeat with the remaining fillets and bake for 15-20 minutes, or until cooked through and lightly browned



Sprinkle the parsley over the fish and serve with the chips, plenty of mushy peas, plus lemon wedges for squeezing over.