



WEEKNIGHT FISH & CHIPS

Serves 4 | Serves of Veg 3 | 0:15 Prep | 0:25 Cook



NUTRITION PANEL

NUTRITION INFORMATION		
Servings per package: 4		
Serving size:	500 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	2720 kJ	545 kJ
Protein	33.7 g	6.7 g
Fat, total	19 g	3.8 g
- saturated	5.8 g	1.2 g
Carbohydrate	80.1 g	16 g
- sugars	8.6 g	1.7 g
Sodium	418 mg	84 mg

SHOPPING LIST



Baby Potato



Lemon



Dill



White Fish Fillet



Olive Oil



Baby Capers



Mixed Leaves



Panko



Chive



Plain Flour



Eggs



Pickled Cucumber (Cornichons)



Greek-Style Yoghurt



Salt & Pepper

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Ingredients

- 1kg baby **potatoes**
- 1 ½ cups (150g) panko breadcrumbs
- 2 tsp lemon rind, finely grated
- ¼ cup chive, finely chopped
- ¼ cup dill, finely chopped
- 1 cup (150g) plain flour
- 2 eggs, lightly whisked
- 500g fish fillets*, cut into portions
- Olive oil spray
- 2 tbsp olive oil
- 200g tub Greek-style yoghurt
- 4 pickled cucumber (cornichons), finely chopped
- 1 tbsp baby capers, finely chopped
- Mixed salad leaves, to serve
- Lemon wedges (optional), to serve

Recipe Steps

1. Preheat oven to 220°C. Add **baby potatoes** to a medium saucepan with a handful of salt. Cover with cold water. Bring to boil over high heat. Start a 5mins timer once water boils. Poke potato with fork, once tender, carefully drain & set aside.
2. To set up your fish coating station; first with a shallow bowl, combine **panko breadcrumbs, lemon rind, only ½ of chive & dill** (reserve some for tartare sauce). Add plain flour to a separate bowl - season with salt & pepper. Lastly, to a third bowl add lightly whisked eggs. Line 2 baking trays with baking paper.
3. Dip each **fish fillets portion**; first into **seasoned flour**, shake off excess flour. Then dip into **egg**, finally coat in **herby panko breadcrumb** mixture & turn to coat. Lightly press to pack down coating. Repeat with remaining fish portions. Place coated fish onto 1 of the lined baking tray.
4. Coat fish lightly with olive oil spray.
5. Using a small knife, cut par-boiled potato into quarters. Place on the remaining tray & drizzle with the olive oil & season with salt & pepper.
6. Bake potato & fish for 20 minutes, turning trays half way for even cooking. Potato wedges & fish should be golden brown & cooked through - fish flakes off.
7. While potato & fish cook; prepare your tartare dipping sauce by mixing **Greek-style yoghurt, pickled cucumber, baby capers, reserved dill & chive**. Optional squeeze of lemon juice if you enjoy tart flavours!
8. Serve baked fish & chips with the tartare dipping sauce & mixed salad leaves, optional lemon wedge if desired.

Recipe Notes

- **White Fish** choosing a sustainably sourced white fish is the best choice: Murray cod, Barramundi, Whiting varieties, Sea Mullet & perch are all good options.
- **Add minty mushy peas?** add 2 cups frozen green peas to boiled water for 3mins & drain, fold in 2 tsp butter, chopped fresh mint, squeeze of lemon juice & season. Using a fork or stick blender, mush peas - a little lumpy is good! Serve warm with fish & potatoes.