

Fish & Chips

 2 servings

538 Kcal / serving

35g Protein 21g Fat 52g Carbs

Ingredients

- 200g - **Potato, scrubbed**
- 2 tablespoons (30g) - **Rapeseed or olive oil**
- 25g - **Plain flour**
- 1 - **Egg**
- 2 tablespoons - **Low fat milk (1.5% fat)**
- 30g - **Porridge oats**
- 250g - **Boneless cod fillets, skinned**
- 7 - **Cherry tomatoes**
- 1 teaspoon (5g) - **Snipped fresh chives**
- 2 tablespoons - **Natural yoghurt**
- 1 teaspoon (5g) - **Sweet chilli sauce**
- 100g - **Salad leaves (mixture of watercress, rocket & spinach)**
- 30g - **Fresh white breadcrumbs (or use dried often known as panko)**
- **Freshly ground black pepper**



The Method

Preheat the oven to 200°C (400°F), gas mark 6. Cut the potatoes into chips. Place in a pan of boiling water and cook for 2 minutes until almost tender but still holding their shape. Arrange on a baking sheet lined with parchment paper and drizzle with half of the oil, tossing to coat evenly. Put in the top shelf of the oven. Roast for about 25 minutes until cooked through and golden brown, turning halfway to ensure that they cook evenly.

Meanwhile, put the flour into a shallow dish and season with pepper. Break the egg into a bowl and add the milk, season with pepper then beat to combine with a fork. Mix the breadcrumbs and oats in a separate bowl and line the three bowls up alongside each other with an empty plate ready for the coated cod.

Using a small sharp knife or scissors, cut the fish into strips. In small batches of 2-3 pieces toss the cod strips in the flour to coat, shaking off any excess. Dip in the beaten egg mixture and then roll in the breadcrumbs. Put on the plate while you finish off the remainder.

Arrange the goujons on a separate baking sheet lined with parchment paper and drizzle over the remaining oil on the goujons, turning them over to ensure they are all evenly coated. Place in the oven and cook for 10 minutes until cooked through and tender. Test with a sharp knife to ensure they are cooked through.

Arrange the fish goujons on plates with the potato chips. Cut the cherry tomatoes in half, then add the salad leaves and scatter with the chives. Put the yoghurt into small dishes or straight on to the plates and drizzle with half the chilli sauce to serve.