

Baked Fish and Chips



- 440g/ 1lb 12 oz floury potato scrubbed and cut into chips
- 2 tbsp oil
- 50g bread (for bread crumbs)
- zest 1 lemon
- 2 tsp dried parsley
- 2 x 140g/5oz thick sustainable white fish fillets
- 100g/ 7oz cherry tomato
- Green salad ingredients
- Heat oven to 220°C gas 7.
- Line a large baking tray with paper.
- Scrub potatoes clean and cut the potatoes into chips.
- Pat chips dry on kitchen paper, then lay in a single layer on a large baking tray.
- Drizzle with 1 tbsp oil and season with salt. Bake for 20-30 mins until golden.
- Make breadcrumbs using food processor.
- Mix the breadcrumbs with the lemon zest and parsley, then season well.
- Top the cod evenly with the breadcrumb mixture, then drizzle with 1 tbsp. oil.
- Put in a roasting tin with the cherry tomatoes, then bake in the oven for the final 10 mins of the chips' cooking time.
- Serve attractively on a warm plate

Skill used: Vegetable preparation, use of oven, use of food processor, fish fillet preparation, presentation and garnishing.

Nutrition: Baking the chips and fish rather than deep frying reduces the fat content lots and makes this quite a low fat dish.

Potatoes, cherry tomatoes and salad are all good sources of vitamin C and fibre.

Special diets: Vegetarians could have breaded mushroom, halloumi, aubergine or mozzarella. Gluten free bread could be used for coeliacs

Photo