

Pumped up Fish and Chips

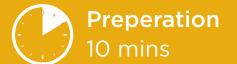
Iugredients

- 1 small sweet potato, cut into wedges
- Olive oil spray
- 1/2 cup bread crumbs
- 1 tsp dried mixed herbs
- 1-2 tbsp reduced fat mayonnaise
- ▶ 100g boneless fish fillet
- 1-2 cups mixed salad or baby spinach leaves
- 1 small tomato, cut into wedges (optional)
- $\sqrt{\frac{1}{4}}$ cucumber, cut into rounds (optional)
 - 1/2 lemon, cut into wedges (optional)

Equipment List

- Oven tray
- Oven
- Oven mitts
- Chopping board
- Butter knife
- Sharp knife

- Spatula
- Tongs
- Baking paper
- Shallow dish
- Measuring spoons
- Measuring cups





Servings







Method

- 1 Preheat the oven to 230°C and line a baking tray with non-stick baking paper.
- 2 Spread chopped sweet potatoes into a single layer on the tray, spray with oil and bake for 15 minutes.
- 3 Combine breadcrumbs and herbs in a shallow dish.
- 4 Spread mayonnaise on one side of the fish fillet then press firmly in the breadcrumb mix and repeat the process on the other side of the fish.
- 5 Once completely coated, spray fish with oil.
- 6 Turn wedges over and add the fish to the tray.
- 7 Bake for 10 minutes until the fish is golden and cooked through and the wedges are crisp.

Additious

- Use an air fryer
- Leave the vegetable skin on for more fibre
- Add additional roasted vegetables
- Use fresh or frozen fish
- Mix up the fish variety e.g. barramundi or whiting
- Use hummus instead of mayonnaise

- Use a herb infused mayonnaise
- Add your favourite herbs and/or spices to the breadcrumb mixture
- Add some parmesan cheese to breadcrumb mixture
- Grill, BBQ or Airfry fish and vegetables
- Use a pre-made mixed salad, frozen vegetables cooked in the microwave or left over vegetables



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Nutrition Information

Approx. per serve

Energy	2400kJ
Protein	31g
Total fat	15g
Saturated fat	2g
Carbohydrate	72g
Fibre	17g
Sodium	700mg

