











# Recipe Card



## Pumped up Fish and Chips

### Ingredients

-  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)
-  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



Preparation  
10 mins



Cooking  
25 mins

Servings  
1



Better  
for life®



## 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.

## Additions

- 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



## Pumped Up Fish and Chips

### Nutrition Information

Approx. per serve

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