



Fish & Chips

Ingredients

- 4 medium Pontiac potatoes or Desiree potatoes
- Olive oil spray
- 2 cups (60g) corn flakes
- 1 egg, lightly whisked
- 1/2 cup (80g) wholemeal flour
- 600g boneless white fish fillets (such as whiting or flathead)
- 2 tbsp low-fat natural yoghurt
- 2 tsp finely chopped flat-leaf parsley



Step 2

- Cook the potatoes in a large saucepan of boiling water for 15 minutes or until almost tender.
- Drain well.
- Set aside to cool slightly.

Directions

Step 1

- Preheat oven to 190°C.
Line an oven tray with baking paper.

Step 3

- Cut the potatoes into wedges.
- Place on the lined tray and lightly spray with oil.

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Step 4

- Place the cornflakes into a large plastic bag and use a rolling pin to crush.
- Place in a shallow bowl.
- Place the egg and flour in separate bowls.

Step 5

- Dip 1 fish fillet in the flour to lightly coat then dip in egg and cornflake crumbs to coat.
- Place on the lined tray with the potato.
- Repeat with remaining fish, flour, egg and crumbs.

Step 6

- Bake for 15 minutes or until golden brown and cooked through.

Step 7

- Meanwhile, combine the yoghurt and parsley in a small bowl.
- Place the fish and wedges on serving plates.
- Serve immediately with the yoghurt mixture.

