

Fish and Chips (without the guilt)

Serves 2

Ingredients

1/2 egg, beaten
45g wholegrain breadcrumbs,
zest and juice 1/2 lemon
1/2 tsp dried oregano
1/2 tbsp olive oil
200g white fish haddock, cod, halibut, sliced into 12 strips
2 tbsp greek yoghurt
100g young leaf spinach
2 sweet potatoes, scrubbed and cut into large chips
2 tbsp rapeseed oil/coconut oil
2 tbsp light soy sauce
1/2 tsp nutmeg

To serve

Greaseproof paper
Newspaper
Ketchup /relish

Method

1. Heat oven to 200C/180C fan/gas 6. Pour the beaten egg into a shallow dish. Tip the breadcrumbs onto a plate. Mix the lemon zest into the breadcrumbs along with the oregano and a pinch of salt and pepper.
2. Prepare the sweet potatoes. Scrub and cut into large chips.
3. In a large bowl, toss the sweet potato chips with oil and soy sauce. Transfer to a shallow roasting tin and season with black pepper and nutmeg. Bake for 30-40 mins, until crisp.
4. Brush a non-stick baking sheet with half the oil. Dip the fish strips into the egg, then roll them in the breadcrumbs. Transfer to the baking sheet and bake for 20 mins until golden.
5. Meanwhile, mix the Greek yoghurt with a squeeze of lemon juice. Toss the spinach leaves with a squeeze more lemon juice and the remaining oil. Serve the fish fingers with the spinach and sweet potato chips peas and a spoonful of the lemony guilt free Greek yoghurt.
6. Prepare your paper cones, serve and evaluate.