



Healthy fish & chips - Serves 4

Ingredients:

For the fish:

- 4 white fish fillets
- 60g of flour
- 2 tbsp olive oil

For the potatoes:

- 4 large potatoes
- Cajun spice or mild chilli powder (optional)
- 2 tbsp olive oil

Method:

1. Pre-heat oven to 200C/fan 180C/gas 6.

For the potatoes:

1. Scrub the potatoes and microwave until soft but firm to touch.
2. Cut the potatoes lengthways into 6 pieces and place in a oven proof dish. Sprinkle on Cajun spice or mild chilli powder for extra flavour if preferred.
3. Drizzle with olive oil or baste lightly with a pastry brush.
4. Place in the oven for 30 to 45 minutes until crisp on the outside.

For the fish:

1. Put the flour in a bowl.
2. Dip the fish fillets and coat well.
3. Heat the oil in a large non stick frying pan and cook for 2 minutes on each side or until cooked turning only once.

Did you know ?

Fish is a healthy alternative to other types of meat. It is recommended that we eat 2 portions of fish per week, 1 of the portions should be an oily fish (Oily fish contain high levels of omega-3 fatty acids and can help protect us from heart disease). Some oily fish are:

- Salmon
- Trout
- Herring
- Mackerel
- Sardines
- Tuna (fresh only)
- Pilchards

White fish, such as cod and haddock are very low in fat.

Potatoes are a good source of carbohydrate, and provide us with energy. Potatoes are an excellent source of vitamin C; they provide the highest amount of vitamin C in the British diet (because we eat so many of them).

Cooking with olive oil is a great alternative to using butter. It's naturally low in saturated fat and high in monounsaturated fat. A diet high in monounsaturated fat is linked with a reduced risk of coronary heart disease.

By adding spices to the potatoes there is no need to add salt. Another easy way to reduce salt intake.

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