



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Healthy Fish & Chips

Serves 2

Ingredients:

For the chips

- 2 medium potatoes
- 1 tbsp Olive oil
- Sprinkling of Black pepper

For the fish:

- 1 fillet of sustainably caught haddock
- 2 slices of dried wholemeal bread – to make breadcrumbs
- 1 free range egg

You will need:

- 2 baking sheets
- Pastry brush
- Sharpe knife
- Pair of scissors
- Small bowl
- Whisk

Method:

Prepare the chips as follows:
Microwave potatoes for 5 minutes or until soft then allow to cool
Cut into wedges and place on baking tray
Brush lightly with the olive oil
Sprinkle with black pepper to taste

Prepare the fish as follows:
Cut the fish into nugget size strips with a pair of scissors
Beat the egg in a small bowl with a fork
Coat the fish in the beaten egg then coat in the breadcrumbs
Place on the baking tray

Heat grill to a medium temperature and cook for 20 minutes or until the chips are crunchy and the breadcrumbs on the fish are the colour of toast, serve with fresh seasonal vegetables

Change4Life is a nationwide movement which aims to help us all, but especially our kids, eat well, move more and live longer.

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