



Fish N Chips Friday

Great to make with kids

Quick to make when you get the stomach grumbles on a 'FINALLY ITS FRIDAY' moment!

Fish

- Fresh Haddock or cod unsmoked
- Breadcrumbs (I blitzed two slices of brown loaf and added 2 tbsp of nutritional yeast for B12, salt, pepper, mixed dried herbs)
- 1 egg beaten
- Cut the fish in pieces, dip in beaten egg, then dip in crumb
- Place on a baking tray, slightly brushed with olive oil

Potatoes

- You can prepare the night before to reduce time
- Par boil some potatoes for 10 mins. I left skin on for extra fibre (par – boiling reduces time in the oven)
- When cool cut into shapes you like (wedges, strips or cubes!)
- Add sea salt, pepper, herbs and some butter or Olive oil and bake for 30 mins (mine 150°C electric for 30 mins)

Dijon Sauce

- 1 tsp tahini
- 3tbsp Greek style yogurt
- 1 tsp whole grain mustard



Marie Rose Style Sauce

- Tomato sauce
- Mayonnaise
- Mix half & half together

Serve

- Garden Peas
- Sugar Free Peas
- Wedge of lemon
- Homemade coleslaw