



Homemade fish & chips with mushy peas

Prep: 20 minutes • Cook: 35 minutes • Serves: 6



Ingredients

Fish

600g plaice or sole fillet, skinless and boneless
2 eggs, beaten
85g plain flour
85g Japanese panko breadcrumbs
150ml vegetable oil

Oven-baked skinny chips

750g Maris Piper potatoes, peeled and cut into skinny chips
2 tablespoons vegetable oil
3 teaspoons fine cornmeal or polenta
1 teaspoon paprika
½ teaspoon garlic powder

Mushy peas

500g frozen peas
1 tsp chopped mint
1 tsp chopped tarragon
25g unsalted butter
25ml white wine vinegar

To serve

1 lemon (optional)

Nutritional info

Low phosphate ✓

Low potassium ✓

Carbohydrate **55g**

Low protein ✗

Low salt ✓

Cost per portion (October 2023) **£2.64**

Energy in kcals **669kcals**

- 1 Preheat the oven to 200°C / 180°C fan / gas mark 6. Add the frozen peas to a pan of boiling water and simmer for 2 minutes. Drain and blender in a food processor. Add chopped herbs, butter and white wine vinegar and blend briefly, retaining some texture then set aside.
- 2 Bring a pan of water to the boil. Parboil the chips for 5 minutes, then drain and leave to cool. Pour the oil onto a baking tray and put in the oven for 3 minutes to heat up the oil.
- 3 Mix the cornmeal or polenta, paprika and garlic powder together in a bowl. Toss the chips in the mix, then tip on to the preheated tray. Shake well, and then cook for 30 minutes, shaking halfway through, until crisp and golden.
- 4 Cut the fish fillets into long thin strips. Set up three bowls, one with the flour, one with the beaten eggs and one with the breadcrumbs. Pass each strip through the flour, pat off any excess, then through the egg, and finally through the breadcrumbs. Place the breaded fish on a plate.
- 5 Heat 2-3 tablespoons of the oil in a shallow frying pan and fry the fish fillets in batches until golden. This should take approximately 2 to 3 minutes on each side for each fish fillet, depending on thickness. Once cooked, place on kitchen paper to remove the excess oil.
- 6 Repeat step 5 until all the fish is cooked, wiping the pan with some kitchen roll between each batch to avoid the breadcrumbs burning. Serve the fish with the mushy peas, chips and a wedge of lemon.