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FISH & CHIPS WITH TARTARE SAUCE

Serves 4

Per serving: 233 calories, 2.6% fat

Preparation time 15 mins

Cooking time 20 mins

Chef's Tip: Toasting the breadcrumbs first makes for an extra-crunchy topping

INGREDIENTS

4 x 100g cod steaks
4 slices slightly stale multigrain bread
1 tsp grated lemon zest
1 egg, beaten
4 baking potatoes, approx. 600g total
1 vegetable stock cube
spray oil

For the tartare sauce:

2 tbsp low fat Greek yogurt
2 tbsp Hellmann's Extra Light mayonnaise
squeeze of lemon juice
1 tbsp chopped fresh parsley
1 tbsp chopped capers
salt and freshly ground black pepper, to taste

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Tear the bread into small pieces, put into a food processor or grinder and pulse until you have fine crumbs. Spread the breadcrumbs out on a non-stick baking tray and toast in the oven for 10 minutes, then remove to a bowl and mix in the lemon zest.
3. Meanwhile, place the beaten egg in a shallow dish. Season the fish on both sides then dip into the egg and then the breadcrumbs and place on the baking tray.
4. Cut the potatoes into thin chips and place in a saucepan. Add the stock cube and just cover with water. Bring to the boil and cook for 5 minutes. Drain well and place on a separate non-stick baking tray. Spray lightly with oil and cook in the oven along with the fish for 15 - 20 minutes until golden brown.
5. Combine all the sauce ingredients in a bowl. Serve the fish with the tartare sauce, chips and 100g garden peas per person.

