



WHOLEGRAIN FISH AND CHIPS WITH TARTARE SAUCE



2 servings



30 minutes

INGREDIENTS

2 cod loins, about 130g (4½oz) each
80g (2½oz) wholemeal (wholewheat) bread
2 teaspoons olive oil, plus extra for the potatoes
Zest of 1 unwaxed lemon 1 teaspoon garlic granules
250g (9oz) potatoes, cut into wedges
1 medium free-range egg
30g (4 tablespoons) plain (all-purpose) flour
Salt and pepper
Lemon wedges, to serve
For the tartare sauce
3-4 tablespoons thick natural yogurt (0% fat)
Juice of ½ lemon
4 gherkins, finely chopped, plus 2 teaspoons pickle juice from the jar
1 heaped tablespoon capers, chopped
½ teaspoon garlic paste
Handful of mixed dill and chives, finely chopped
For the peas
8-10 tablespoons frozen peas
½ vegetable stock cube, crumbled
1 tablespoon water
1 tablespoon half-fat crème fraîche
20g (oz) Parmesan cheese, grated

DIRECTIONS

1. Preheat the oven to 220°C/200°C fan (405°F) Gas Mark 7.
2. Dry the cod well, season with salt and place in the refrigerator for 5 minutes while you prepare the breadcrumbs.
3. In a food processor, blitz the bread into crumbs and then add to a frying pan over a medium heat with the olive oil, lemon zest, garlic granules and some salt and pepper.
4. Fry, stirring, for around 3 minutes, until slightly golden brown, then tip into a shallow bowl.
5. Toss your potato wedges in a little olive oil and some salt and pepper, spread out on a baking tray and bake in the oven for 15-30 minutes, until nice and roasted.
6. Once the potatoes are in the oven, beat the egg in a second shallow bowl. Dust the cod with the flour to coat all sides, dip into the egg to coat then firmly press into the crumbs, covering all of the cod.
7. Place on a separate baking tray and add to the oven alongside the potatoes when they have been in for 10 minutes. Bake for 15-20 minutes, depending on the thickness of your cod, until golden and crisp.
8. Meanwhile, to make the tartare sauce, mix the yogurt with the lemon juice, the gherkins with their pickle juice, the capers, garlic paste, herbs and a pinch of salt. Taste and adjust, adding more salt, lemon juice or herbs if you wish.
9. Tip the frozen peas straight into a frying pan with the crumbled stock cube and water and simmer over a medium-high heat for 2 minutes, then add in the crème fraîche and Parmesan. Season with a little salt and pepper and, using a fork, roughly mash. Taste and adjust the seasoning.
10. Serve a portion of peas with the potatoes, crispy baked cod, a dollop of tartare sauce and a wedge of lemon on the side.

Under 500kcal, 33g protein per serving