



Fish chips and peas

Serves	2
Prep	10 minutes
Cooking	40 minutes

Ingredients

2 medium baking potatoes
2 tsp vegetable oil
1 cup of breadcrumbs
2 white fish fillets
Flour
1 egg
1 cup of frozen peas

Method

1. Heat the oven to 200°C, wash the potatoes and cut into thick chips, toss them in the oil and put onto a roasting tray and cook in the oven for 20 minutes

2. Put the flour/beaten egg and breadcrumbs onto 3 plates, put the fish into the flour, shake off any excess, then dip into the egg and then the breadcrumbs.
3. Put the fish on a baking tray and put in the oven along with the chips and cook for 20 minutes. Turn the chips to make sure they are evenly browned.
4. Just before the fish and chips are ready, cook the peas in a pan of boiling water until cooked. Drain and serve with the fish and chips.

