

JORGE BASTIDA

# Fakeaway fish and chips

## Yield

Serves 8-12

## Time Estimate

10 to 30 minutes

Eat Well for Less' healthier and cheaper take on fish and chips. Cornflakes are the star of the show. Each serving provides 519 kcal, 42g protein, 63g carbohydrates (of which 6g sugars), 10g fat (of which 3g saturates), 8g fibre and 1.2g salt.

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Free-range eggs	3 eggs	<ol style="list-style-type: none"><li>1 Preheat the oven to 220C/200C Fan/Gas 7. Line two large baking trays with baking paper.</li><li>2 Crack the eggs into a bowl, whisk well and season with half the salt and plenty of black pepper. Add the fish and swirl around until coated in the egg</li><li>3 Tip the cornflakes into a large food bag, then seal and bash with a rolling pin until crushed.</li><li>4 Open the bag and add the frozen fish pieces one at a time to the crushed cornflakes, turning it around to fully coat. Lift out and put onto one of the prepared baking trays.</li><li>5 Put the chips onto the other prepared baking tray and drizzle with the oil, remaining salt and plenty of black pepper. Cook for 15 minutes, turn the chips over, and cook until tender and golden brown.</li></ol>
Cornflakes	150 g	
Frozen white fish fillets	750 g	
Potatoes, peeled and cut into 1cm	750 g	
Rapeseed oil	1 tbsp	
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Frozen peas	400 g	<ol style="list-style-type: none"><li>6 Bring a large pan of salted water to the boil, add the peas and cook for 2-3 minutes, until heated through. Drain and tip back into the saucepan, add the crème fraîche and crush with a masher until quite broken down. Stir in the chives.</li><li>7 Serve the fish and chips with a small portion of peas alongside.</li></ol>
Reduced fat crème fraîche	50 g	
Chives, finely chopped	1 bunch	
Salt and ground pepper	pinch	



