

Fish & Chips

Ingredients

Click the image below for a [video guide](#).



- 1 tbsp oil
- 3 x eggs
- 120g cornflakes
- 40g flour
- 4 x pieces of defrosted white fish (approx 500g)
- 4 x large potatoes (approx 600g) cut into chips
- Frozen peas
- Salt, pepper and/or vinegar to taste

Method

- 1.** Set up three bowls, one with the eggs whisked, the second with crushed up cornflakes and the third with flour and a pinch of salt and pepper (ensure all are well mixed).
- 2.** Take your fish, piece by piece, coat in the flour then egg mix before dipping into the cornflake mix. Place your fish on your oven tray or into the air fryer tray for 15 minutes at 200 heat.
- 3.** In a large separate bowl place your potato chips in and drizzle over with oil and pinch of salt. Combine well. These can be made in the oven alongside the fish for 15 - 20 minutes until cooked. Alternatively you can use an air fryer.
- 4.** Cook your frozen veg as per the instructions.

The Finer Details

Per Portion
530 Calories
41g Protein
60g Carbs
15g Fat
