

Crispy Fish & Chips

Per Portion
507.5 Calories
51.75g Protein
76.75g Carbs
12g Fat



Ingredients

- Air fried crispy fish & chips
 - 4 white fish fillets
- 150g golden breadcrumbs
 - 30g plain flour
 - 1 teaspoon paprika
- 1/2 teaspoon garlic powder
 - 1/2 teaspoon salt
- 1/4 teaspoon black pepper
 - 2 eggs, beaten
 - Cooking spray
- 200g frozen peas

For chips

- 1kg potatoes
 - 1 tbsp oil
 - 1 tsp salt
- 1 tsp pepper

Method

- 1.** In a shallow dish, combine the panko breadcrumbs, flour, paprika, garlic powder, salt, and black pepper. Mix well.
- 2.** Dip each white fish fillet into the beaten eggs, allowing any excess to drip off. Then coat the fillet with the breadcrumb mixture, gently pressing it to ensure it sticks well.
- 3.** Lightly spray or brush the air fryer basket with oil to prevent sticking. Place the breaded white fish fillets in a single layer in the air fryer basket. Depending on the size of your air fryer, you may need to cook them in batches. I have a rack for mine to do 2 layers at the same time.
- 4.** Cook the white fish fillets in the air fryer for approximately 8 to 10 minutes, or until they turn golden brown and crispy. To ensure even browning, flip the fillets halfway through the cooking time.
- 5.** Once the fillets are cooked to perfection, remove them from the air fryer and let them cool for a few minutes before serving.
- 6.** Serve with the chips and peas cooked as per the packet instructions.

Lets make the chips

- 1.** Mix the oil with the salt and pepper in a large bowl.
- 2.** Cut the potatoes into chips – you don't need to peel them if you don't want to.
- 3.** Tip the bowl into the air fryer and cook for 10 minutes at 200c.
- 4.** Shake the basket and cook for another 10 minutes at 240c shaking regularly.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*