

CAROLINE'S FISH AND CHIPS

365KCAL

SERVES 4

INGREDIENTS

800g Floury potato, scrubbed & cut into chips
2 tbsp Olive oil
50g Fresh breadcrumb
Zest of 1 lemon
2 tbsp Chopped flat-leaf parsley
4 x 140g Thick white fish fillets
200g Cherry tomato

METHOD

Heat oven to 200C.
Pat chips dry on kitchen paper, then lay in a single layer on a large baking tray.
Drizzle with half the olive oil and season with salt.
Cook for 40 mins, turning after 20 mins, so they cook evenly.
Mix the breadcrumbs with the lemon zest and parsley, then season well. Top the cod evenly with the breadcrumb mixture, then drizzle with the remaining oil.
Put in a roasting tin with the cherry tomatoes, then bake in the oven for the final 10 mins of the chips' cooking time.

