



Crispy fish & chips with mushy peas

READY IN



50 min.

SERVINGS



2

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g baking potato
- ☐ 2 tsp olive oil
- ☐ 2 slices bread white
- ☐ 2 fillet fish fillet white such as haddock, hoki, pollock
- ☐ 1 tbsp flour plain
- ☐ 1 eggs beaten
- ☐ 140 g pea frozen with mint
- ☐ 2 tbsp crème fraîche

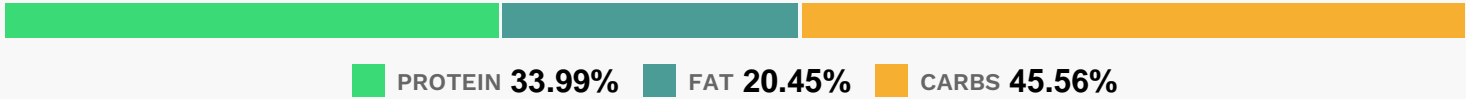
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Peel and chop the potatoes into thick chips, then toss with the olive oil and some salt. Arrange on a large non-stick baking tray and roast for 20 mins, turning halfway.
- ☐ Lightly toast the bread, then pulse briefly in a food processor for coarse breadcrumbs. Dust the fish in flour, shaking off the excess, then dip into the egg, then breadcrumbs to coat thoroughly. Roast the fish with the chips for a further 20 mins, until both are golden.
- ☐ Just before the fish and chips are ready, boil the peas for 3-4 mins, then drain and mash. Stir in the crme fraiche and season.

Nutrition Facts



Properties

Glycemic Index:137.76, Glycemic Load:43.36, Inflammation Score:-8, Nutrition Score:34.418260615805%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 578.55kcal (28.93%), Fat: 13.28g (20.42%), Saturated Fat: 3.88g (24.22%), Carbohydrates: 66.55g (22.18%), Net Carbohydrates: 58.72g (21.35%), Sugar: 5.39g (5.98%), Cholesterol: 173.92mg (57.97%), Sodium: 255.57mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.64g (99.27%), Selenium: 87.88µg (125.54%), Folate: 260.07µg (65.02%), Phosphorus: 593.18mg (59.32%), Vitamin B6: 1.1mg (55.12%), Vitamin B3: 10.49mg (52.45%), Vitamin B12: 2.91µg (48.45%), Potassium: 1620.67mg (46.3%), Manganese: 0.89mg (44.52%), Vitamin D: 5.71µg (38.07%), Vitamin B1: 0.54mg (36.17%), Magnesium: 140.41mg (35.1%), Iron: 5.86mg (32.56%), Fiber: 7.83g (31.31%), Copper: 0.58mg (28.78%), Vitamin B2: 0.41mg (24.17%), Vitamin B5: 2.25mg (22.46%), Zinc: 2.61mg (17.42%), Vitamin C: 11.79mg (14.29%), Calcium: 137.6mg (13.76%), Vitamin E: 1.88mg (12.52%), Vitamin K: 10.19µg (9.7%), Vitamin A: 206.31IU (4.13%)