



NOURISHING FISH AND CHIPS

Courtesy of: Rhoy van den Bosch



Method:

1. Preheat oven to 200°C. Wash potatoes, leave skin on and cut to size. Transfer to a mixing bowl with 60ml of olive oil and thyme.
2. Place coated chips on a lined baking tray in single layers and bake for 20-25 minutes, or until golden brown and crunchy.
3. For fish, prepare a separate baking tray. On a chopping board, dust skinless fish fillets with plain flour. Add the lemon zest, remaining olive oil, thyme and garlic and bake for 10 minutes, or until well cooked.
4. To prepare side salad, slice and halve cucumber and cherry tomatoes; slice radishes and red onion; add salad mix. Add all to a medium sized bowl.
5. Remove fish and chips from oven once cooked and enjoy with lemon wedges and side salad.

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Ingredients:

- 800g skinless flathead, cut into fillets
- ½ cup plain flour to dust
- 1 lemon including zest, cut and served as wedges
- 90ml (1/3 cup) extra virgin olive oil
- 8 cloves of garlic
- 2 tsp thyme leaves
- 4 medium brushed potatoes, peeled, cut lengthways into 1cm-thick chips
- Tomato/tartare/aioli (optional to serve)
- 1 continental cucumber, sliced and halved
- 250g (1 small tub) of cherry tomatoes
- 4 radishes
- 2 cups salad mix (rocket, spinach, cabbage)
- 1 small red onion

Nutrition Information

Serves 4 people.

Nutrient	Per serve
Energy	2442 kJ
Protein	61.8 g
Fat	26 g
Carbohydrate	22.7 g
Sodium	270 mg
Fibre	4 g



HOT TIPS

Flathead is a great source of protein. For an increase in omega 3 fatty acids, switch for salmon or oily fish.