

Fish and chips

What I need:



2 large baking potatoes



Juice and zest of 1 lemon



Small bunch of parsley



40g of fresh breadcrumbs



2 white fish fillets



Rapeseed or olive oil for drizzling

What do I do?



Pre heat oven to 210c



Slice potatoes into chips



Put chips onto a baking tray and drizzle with oil
Place tray in the oven on the middle shelf for 40 minutes.
Turn the chips over after 20 minutes



Prepare breadcrumbs by grating a stale loaf around 4 days old

Or you could buy breadcrumbs from the shop



Grate the zest (the yellow part of the peel) of the lemon

Cut lemon in half and squeeze out the juice



Chop up the parsley



Mix the breadcrumbs, lemon zest, lemon juice and parsley in a bowl

Add a little salt and plenty of pepper to taste



Take the chips out of the oven after 30 minutes and place the white fish on the baking tray beside the chips

Spoon the breadcrumb mixture over

the fish Place the tray back in the oven

for 10 minutes



Enjoy!!

You could serve with peas or a side salad