



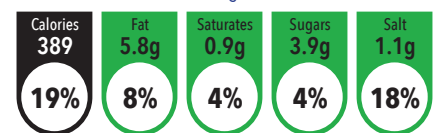
HEALTHY OVEN BAKED FISH & CHIPS

 **Prep: 20 minutes**

 **Cook: 35 minutes**

 **Serves: 4**

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 75g wholewheat couscous
- Zest and juice 1 lemon
- 1½ tsp **LoSalt**
- 2 tbsp chopped chives
- 4 skinless, boneless cod or haddock fillets
- 1 medium egg, beaten
- 200g vine on cherry tomatoes
- 750g King Edward potatoes
- 1 tbsp oil
- ½ tsp paprika

METHOD:

1. Preheat the oven to 220°C, gas mark 7.
2. Place the couscous in a small bowl. Heat the lemon juice for 30 seconds in a microwave and make up to 100ml with boiling water and pour over the couscous with the zest, cover and leave for 5 minutes. Fluff up with a fork and mix in ½ tsp **LoSalt** and chives.
3. Dip the fish in the egg and coat in the couscous, place on a large greased baking tray with the cherry tomatoes.
4. Cut the potatoes into 1½cm chunky chips. Toss with oil, paprika and remaining 1 tsp **LoSalt** and spread out on another large greased baking tray, bake in the top part of the oven for 10 minutes.
5. Add the fish tray below and cook for a further 20 minutes, remove the fish tray and cook the chips for a final 5 minutes until golden.
6. Serve the chips with the fish and tomatoes.