



Posted on 29 September 2014

by Chrissie

Healthy fish and chips

Ingredients

1cod fillet (150g)

200g sweet potato cut into wedges (cooked weight)

1/2 tbsp extra virgin olive oil

Oil/coconut oil

Mushy peas... 63g fresh peas, 10g butter, fresh mint, squeeze of lemon juice, salt and pepper

Preparation

- 1 Arrange the cooked sweet potato onto oven roasting tray and sprinkle with salt and pepper, cover with oil and bake for approximately 30 minutes at 200degrees.
- 2 Start to steam the cod fillet after the wedges have been roasting for 10 minutes.
- 3 In the last 10 minutes of cooking time, bring the peas, butter and mint to boil in a saucepan, place a lid on the pan and allow to simmer for 10 minutes. Once cooked, add a squeeze of lemon with some salt and pepper to taste. Mash the peas gently and serve with your cod and chips.

Cooks Note
