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