

Easy Fish and Chips with Sweet Potato Fries



Perfect for a guilt-free gourmet meal, this lighter version of the classic British dish will delight your taste buds while being kind to your health. Each serving of this flavor-rich recipe provides 10 g of fiber (2 to 3 times more than a similar meal served in a traditional cafeteria) and only 6.5 g of fat, which is 6 times less than the classic versions.

Preparation 20 min

Cooking 50 min

Portion 4

Nutrition Facts (per serving)

Calories 430 kcal

Fat 7 g

Carbohydrates 51 g

Fibre 10 g

Protein 41 g

Sodium 230 mg

Ingredients

Breading:

- 2 slices of whole grain bread
- 30 ml (2 tbsp) of whole flax seeds
- 15 ml (1 tbsp) of dried Herbes de Provence
- 15 ml (1 tbsp) of onion powder
- 5 ml (1 tsp) of garlic powder
- 5 ml (1 tsp) of crushed red pepper flakes (optional)

Fish:

- 4 cod fillets, about 150 g ($\frac{1}{3}$ lb) each
- 85 ml ($\frac{1}{3}$ cup) of chickpea flour
- 1 egg
- 60 ml ($\frac{1}{4}$ cup) of egg whites

Tartar Sauce:

- 125 ml ($\frac{1}{2}$ cup) of 0% fat plain Greek yogurt
- 45 ml (3 tbsp) of unsweetened relish
- 5 ml (1 tsp) of dried parsley
- Pepper and salt to taste

Sweet potatoes :

- 550 g (1.2 lb) of sweet potatoes, peeled and cut into sticks of desired size
- Pepper and salt to taste
- 1 lemon, cut into wedges

Preparation

1. Preheat the oven to 350°F (180°C). Tear the bread slices into coarse pieces and spread them on a baking sheet lined with parchment paper. Bake for 15 minutes, or until the bread is dry.

2. Increase the oven temperature to 400°F (200°C). Grind the toasted bread with the rest of the breading ingredients in a food processor.
3. Prepare three shallow dishes: put the flour in the first, beat the egg and egg whites in the second, and place the breading in the third.
4. Dredge the cod fillets in flour, dip them in the egg mixture, then coat with breading.
5. Place the cod fillets and sweet potato sticks on a parchment-lined baking sheet in a single layer. Lightly spray with cooking oil, pepper and salt to taste, then bake for 20 minutes in the oven, turning halfway through.
6. In the meantime, mix the sauce ingredients and refrigerate.
7. Remove the cod fillets and set them aside to cool. Continue cooking the potatoes for 10 to 15 minutes, until they are tender, golden, and crispy.
8. Serve with a lemon wedge.

Notes

Keeps for 5 days in the refrigerator, in an airtight container.

The cod fillets and fries can be frozen for up to 3 months.

The sauce should not be frozen.

The breadcrumbs alone can be stored in an airtight container in a dry place for up to 2 months or in the freezer for up to 6 months.

* Thaw at room temperature or in the refrigerator. If it seems to have absorbed some moisture during thawing, you can put it in the oven at a low temperature for a few minutes to dry it out again.



Registered Dietitian Nutritionist in Quebec City