

# 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

Servings 4



## Nutrition Facts (per serving)

Calories 430 kcal

Fat 7 g

Carbohydrates 51 g

Fibre 10 g

Protein 41 g

Sodium 230 mg

- 5 ml (1 tsp) of crushed red pepper flakes (optional)
- ## Preparation

### Fish:

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.
    - 4 cod fillets, about 150 g (1/3 lb) each
  2. Increase the oven temperature to 400°F (200°C). Grind the toasted bread with the rest of the bread ingredients in a food processor.
    - 85 ml (1/3 cup) of chickpea flour
    - 1 egg
  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 fish:** 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.
    - 125 ml (1/2 cup) of 0% fat plain Greek yogurt
  6. Lightly spray with cooking oil, pepper and salt to taste, then bake for 20 minutes in the oven, turning halfway through.
    - 45 ml (3 tbsp) of unsweetened relish
    - 5 ml (1 tsp) of dried parsley
  7. In the meantime, mix the sauce ingredients and refrigerate.
    - Pepper and salt to taste
  8. 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.
- ### Sweet potatoes :
1. Serve with a lemon wedge.

- 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



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