

Fish goujons with potato wedges

Serves:
2 Adults



Nutritional Information:

All our recipes are nutritionally analysed by our team of experts.

1/2 of this recipe contains

Energy	Fat	Saturates	Sugars	Salt
2216kj 526kcal	15g	2.7g	6.7g	0.6g
26%	21%	14%	7%	10%

1 of your 5 a day

<https://youtu.be/ccxBawDiRus> (check out the short video on how to make)

This recipe contains over half of your recommended protein and is sure to be a hit with all the family!

Ingredients

- 200g of floury potatoes, scrubbed
- 4 teaspoons of olive oil
- 25g of plain flour
- 1 egg
- 2 tablespoons of semi-skimmed milk
- 40g of fresh white breadcrumbs (or use dried often known as panko)
- 40g of porridge oats
- 250g of boneless cod fillets, skinned
- 50g of mixed salad
- 7 yellow cherry tomatoes
- 1 teaspoon of snipped fresh chives
- 1 tablespoon of natural yoghurt (3% fat)
- 1/2 teaspoon of sweet chilli sauce (5g)
- Salt and freshly ground black pepper

Method

1. Preheat the oven to 200°C/ 400°F/ Gas Mark 6.
2. Peel the potatoes and then using a small sharp knife, cut them into even-sized wedges. Place them in a pan of boiling water and cook for 2 minutes until almost tender but still holding their shape.
3. Arrange the wedges on a baking sheet lined with parchment paper and drizzle with 2 teaspoons of olive oil, tossing to coat. Season lightly with salt, if using and put in the top shelf of the oven to roast for 25 minutes until they are golden brown. Turn halfway through to ensure that they cook evenly.

4. Put the flour in a shallow dish and season lightly with salt and black pepper, if using. Break the egg into a bowl and add the milk, then beat to combine with a fork. Mix the breadcrumbs and oats in a separate bowl and line the 3 bowls alongside each other with an empty place ready for the coated cod.
5. Using a small sharp knife, cut the cod into strips. In small batches of 2-3 pieces, toss the cod strips in the flour, shaking off any excess. Dip in the beaten egg mixture and then roll in the breadcrumbs. Put on the plate while you finish the remainder.
6. Remember to wash your hands and work surface with warm soapy water after handling raw fish.
7. Arrange the cod goujons on a separate baking sheet lined with parchment paper and drizzle the remaining olive oil over the goujons, turning them over to ensure they are evenly coated. Place in the oven and cook for 15-20 minutes until cooked through and tender.
8. Arrange the cod goujons on plates with the potato wedges and arrange the mixed salad with cherry tomatoes that you've cut in half alongside and scattered with chives. Put the yoghurt into small dishes or straight on to the plates and drizzle with half the chilli sauce to serve.

What you will need

- Baking tray
- Chopping board
- Chopping knife
- Mixing bowl
- Saucepan
- Scissors

Recipe from: <https://www.safefood.net/recipes/fish-goujons-potato-wedges>