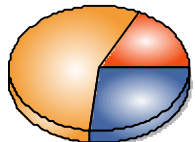




Fish and Chips with Peas

Recipe grams: 1787.80g/63.1oz

Serves 4 446.95g/15.8oz per serving



Protein: 27%
Carbohydrates: 56%
Fat: 18%

INGREDIENTS

1 tbsp OLIVE OIL, EXTRA VIRGIN
2 potato POTATO, RUSSET, FLESH & SKIN, RAW, large (3 to 4.25" dia)
1 dash SALT, TABLE
1/2 cup CORNMEAL, YELLOW
1/2 cup BREAD CRUMBS, PLAIN
1/4 tsp CAYENNE PEPPER, GROUND
1/2 tsp SALT, TABLE
1 tbsp PARSLEY, RAW
1 tbsp DILL WEED, FRESH
1/2 cup MILK, COW'S, 2% BF, VIT-A, fluid
1/4 cup WHEAT FLOUR, WHITE WHOLE, 100% hard white wheat
1 tbsp OLIVE OIL, EXTRA VIRGIN
16 oz COD, FILLET, RAW, Icelandic
2 cup GREEN PEA, FROZEN, unprep
1/8 tsp SALT, TABLE
2 tbsp PEPPERMINT LEAF, FRESH

DIRECTIONS

The Chips:

Preheat the oven to 500 deg F. Cut the potatoes lengthwise into 9 even "sticks". In a large frying pan, heat the oil and fry the potato sticks until brown on the sides, about 12 minutes. Transfer the potatoes to a pan and bake for 10 minutes. Remove from oven and sprinkle with salt.

The Fish:

In a small bowl, combine the cornmeal, breadcrumbs, cayenne, salt, parsley and dill. Spread the mixture on a large plate.

Pour the milk, flour and oil out, each on onto it's own large plate. Set all 4 plates side by side.

Dip the fillets in order into the milk, then the flour turning to coat, then into the breadcrumb mixture and through the oil.

Place the breaded cod on a baking sheet and bake for 8 minutes. (You can combine with the chips for the last 8 minutes of the chips.

The peas:

In a medium saucepan, bring 1/4 cup of water to boil and simmer the peas, salt, mint and a dash of sugar until peas are tender.

Divide fish and chips among plates with the peas. Serve immediately.

Nutrition Facts

Serving Size: 1 serving (447.0g)

Servings: 1

Amount Per Serving	
Calories 500	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 70mg	25%
Sodium 750mg	30%
Total Carbohydrate 71g	25%
Dietary Fiber 8g	35%
Sugars 8g	
Protein 34g	
Vitamin A 35%	Vitamin C 90%
Calcium 10%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet.	