

DINNER

FISH FINGERS, CHIPS AND PEAS



SHOPPING LIST:

- 2 salmon fillets
- 50g flour
- 2 eggs
- 2 slices of bread
- 2 potatoes
- 2 tbsp. olive oil
- ½ tsp. paprika
- 120g frozen peas

COSTING: *£1.71 per serving

NUTRITIONAL INFORMATION:

Calories: 501kcal |
Carbohydrates: 42.4g |
Protein: 38.8g | Fat: 17.3g |
Saturated Fat: 3.2g | Salt:
0.6g | Fibre: 18.5g | Sugar:
2.8g

This meal provides a balance of carbohydrates, protein and fats. Salmon is a rich source of Omega-3 (EPA and DHA) as well as providing protein and various minerals and vitamins. The eggs contain 'good' high density cholesterol and essential fatty acids. While the potatoes are a high fibre carbohydrate, providing vitamins C and B6, manganese, and phosphorus. Peas are a good source of vitamins A, B, C and E, zinc, and other antioxidants that strengthen your immune system.

Preparation time:

20 mins

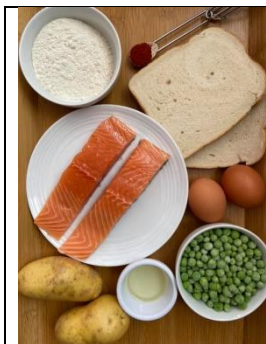
Cook time:

40 mins

Servings:

2

DIRECTIONS:



1. Gather and wash all your ingredients and pre heat oven to 180°



2. Cut each potato into chips, then mix with the olive oil and paprika



3. Place on a baking tray and bake for 25 minutes at 180°



4. While the chips are in the oven blend the slices over bread into crumbs



5. Place the flour, whisked eggs and breadcrumbs into separated bowls



6. Cut the salmon fillets into strips, then roll in the flour, then egg and finally the breadcrumbs



7. Turn over the chips and then add the fish fingers to the tray. Place back in oven for 15 minutes



8. Boil the peas for the last 5 minutes



9. Serve and enjoy!

*Average supermarket pricing as of March 2021