

DINNER

COD FISH FINGERS WITH SALAD AND SWEET POTATO FRIES



SHOPPING LIST:

600g sweet potatoes,
scrubbed clean and cut into
chips

1 tbsp olive oil

100g fresh breadcrumbs

2 x 240g cod fillets, skin
removed

20g plain flour

3 tbsp Dijon mustard

150g low-fat yogurt

1 lemon

120g bag bistro salad

200g cherry tomatoes,
quartered

1 cucumber portion, cut into
quarters

COSTINGS: *£1.70 per serving

NUTRITIONAL

INFORMATION:

Calories: 499 |

Carbohydrates: 48.9g |

Protein: 31.3g | Fat: 18.1g |

Saturated Fat: 3.3g | Salt:

0.6g | Fibre: 7.6g | Sugar:

14.9g

This meal is a perfectly balanced meal, following the Eatwell Guidelines. One third of the plate is salad/vegetables, then the remaining plate is made up by starchy food, which is the sweet potato fries and then the salmon

fish fingers makes up the protein section.

Preparation time:

10 mins







Cook time:

50 mins

Servings:

4

DIRECTIONS:

		
1. Preheat the oven to 200°C/gas mark 6. In a bowl toss the sweet potato with oil and season then place on a baking tray and bake in the oven for 55mins, until crisp, turning throughout	2. Meanwhile, spread the breadcrumbs on a large baking sheet and place in oven for 15 mins, tossing half way through, until they are golden and crisp then set aside	3. Cut each cod fillet in half lengthways and widthways, so you end up with 16 even pieces.
		
4. Put the flour and the mustard in separate bowls, then dip the cod pieces into the flour, then coat in the mustard. Finally dip it into the breadcrumbs and place on a baking sheet. Repeat with all the cod then put them in the oven to cook for 15 mins.	5. Then combine the yogurt with the juice of half the lemon and some seasoning. Combine the salad, tomatoes, and cucumber in a bowl and toss with some sauce, cut the remaining lemon into wedges.	6. Divide the fish fingers and sweet potato fries between 4 plates. Serve with the salad, remaining sauce and lemon wedges.

*Average supermarket pricing as of March 2021

Christchurch Food Festival Education Trust: Charity Number 1127292

Bournemouth University: MSc Nutrition and Behaviour: Dani

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