



# Fish and chips

Serves 4



COOK



EAT

ENJOY

ENJOY

## Ingredients

2 medium potatoes

1 medium sweet potato

2 carrots

Spray oil

Sprinkle of dried rosemary

4 salmon fillets 120g each (or other fish of choice)

4 cups side salad to serve (see side salad recipe)

## Tip

To reduce the cooking time of the chips, par-cook them in the microwave on high for 5 minutes prior to spraying with oil. Place them in the oven and bake for 20 minutes.



## Method

### Step 1

Preheat oven to 180°C and line a baking tray with baking paper.

### Step 2

Peel potato, sweet potato and carrot.

### Step 3

Cut vegetables into wedges and place on baking tray.

### Step 4

Lightly spray vegetables with oil and sprinkle with rosemary. Bake for 40 minutes.

### Step 5

Whilst vegetables are cooking place salmon (skin side down) on a baking tray and place in oven 30 minutes after the vegetables went in.

### Step 6

Allow salmon and vegetables to cook for remaining 10 minutes or until wedges are crispy and fish is flakey.

*Serve with a wedge of lemon and side salad*

Serves per portion:

Veg  
3

Meat/alt  
1