

# Friday night fish & chips



Simple recipe,  
tasty result

Family Favourite

Serves  
**4**

Prep In  
**15**

Cook In  
**30**

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## Friday night fish & chips

**SERVES:** 4

**TAKES:** 15 MINUTES TO MAKE  
& 30 MINUTES TO COOK

4 tbsp olive oil

About 550g cod fillets, skinned and boneless, roughly chopped

1 onion, peeled and finely chopped

2 cloves garlic, peeled and finely chopped

750g sweet potatoes, peeled and cut into wedges

2 medium free range eggs, lightly beaten

150g breadcrumbs (from 4 slices of bread)

4 bread rolls, halved

Pinch paprika

1 tbsp plain flour

400g frozen peas

Zest and juice of 1 lemon

**1** Preheat the oven to 200°C/ fan 180°C/Gas 6. Toss the sweet potatoes in 1 tbsp oil and paprika, season with black pepper and spread out on a baking sheet. Bake for 30 minutes.

**2** Meanwhile, heat 1 tbsp oil in a pan and soften the onion and garlic for 5 minutes. Blitz the cod in a processor or chop into small pieces. Stir through the onion, garlic, eggs and breadcrumbs.

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**3** Divide the mix into 4 patties and dust them with the flour. With the remaining oil, fry the patties for 2 minutes on each side, then 2 minutes on their edges, slowly turning them until golden all over. Place the burgers and rolls in the oven with the potato wedges for the last 8 minutes.

**4** Meanwhile, put the peas into a pan of boiling water and cook for 4 minutes until really tender. Drain, return to the pan with the lemon zest and juice and mash with a potato masher. Season with black pepper and serve with the wedges and cod burgers.

approx. per serving (serves 4)\*

ENERGY 3140kJ 740kcal 37%	FAT 15.6g LOW 22%	SATURATES 3.3g LOW 16%	SUGARS 16.9g LOW 19%	SALT 2.2g HIGH 37%
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% of adult's reference intake

carbohydrates per serving: 101.8g

\*This recipe has one or more red traffic lights. It's fine to eat occasionally or as a treat.