

# Friday Night Is *Fish & Chips* Night!

## Ingredients

To create a fish & chips feast for **2 people** you will need:

- 2 pieces of your favourite white fish
- 2 portions of frozen peas approx. 120 grams
- 2 medium sweet potatoes
- ½ red chilli - seeds removed and cut into tiny 'pin head' size pieces
- 1 teaspoon of oil
- 1 avocado - destoned, flesh scooped out and mashed with the back of a spoon into a paste
- 1 small tomato
- 1 Small sprig of fresh parsley
- 1 small onion - finely chopped
- 1 lemon – cut into 3 pieces
- 4-5 small cocktail gherkins or one large gherkin - finely chopped

## Now Lets Cook

1. Preheat the oven to 180°C.
2. Cut the washed sweet potatoes into wedges and coat in the oil along with a little salt.
3. Place neatly on a non-stick tray and bake in the oven at 180°C until crispy and cooked through, this should take about 30 minutes.
4. Whilst these roast, we are going to make our dressing:
  - a. Take the mashed avocado and place in a bowl along with the finely chopped onion, finely chopped gherkins and finely chopped chilli.
  - b. Remove the core of the tomato and discard, then finely chop the tomato flesh and add to the bowl.
  - c. Squeeze in the lemon juice from the centre slice of the lemon.
  - d. Finely chop the parsley and mix everything together and season to taste.
5. Now place the two remaining pieces of lemon into a hot frying pan and allow them to caramelize in their own natural sugars, this should take about 2 mins.
6. Place the frozen peas into a small pan with about 5cm of boiling water in the base to cover the peas as they cook, adding salt if you wish. Once softened (this will take a minute or two), drain and return back to the pan and blitz with a stick blender to crush.
7. To cook the fish – put a small sprig of parsley on the base of an ovenproof dish, place the seasoned pieces of fish on the top and drizzle with a little oil and bake in the oven for about 5 minutes alongside the sweet potato wedges.
8. Remove the fish from the oven and if you want a crispy skin transfer to a hot grill for about 2 minutes.
9. As the fish finishes cooking place the two pieces of lemon on the plates and warm along with the last moments of the wedges cooking in the oven at 180°C.
10. Heat up the blitzed peas and once the plates are warm, start to build the dish. Stack the potato wedges 'Jenga Style', place a spoonful of the avocado dressing alongside and top with the fish, finally adding the blitzed peas.

Enjoy with a glass of white wine, fresh lemonade or even a cup of freshly brewed tea!

