



FISH AND CHIPS WITH SALAD

SERVES
4

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INGREDIENTS

Fish Fillets

1 cup panko breadcrumbs

2 eggs, lightly beaten

2 tablespoons extra-virgin olive oil

Salt and pepper

Oven baked chips

Lettuce leaves, shredded

Tomato, sliced

Cucumber, sliced

Lemon, cut in wedges

SALAD DRESSING

1 tablespoon of lemon juice

2 tablespoons extra-virgin olive oil

INSTRUCTIONS

Chop tomato, lettuce and cucumber and place in a bowl, toss with olive oil and lemon juice dressing.

Cut fish fillets into portions. Dip the fish in egg, then into crumbs.

Preheat pan on stove top and add olive oil.

Place crumbed fish in hot pan and fry for about 2 minutes each side, until golden. Season with salt and pepper.

Serve with lemon wedges, oven baked chips and fresh salad.

TIPS:

Fish could be cooked in an air-fryer.

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