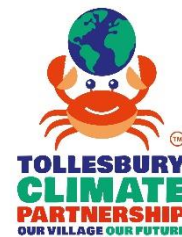


SPICY FISH AND CHIPS – serves 4



Ingredients – all the ingredients are available from the village's stores, the Veg Van and the Refill Den

This is a lighter version of a normal fish and chip recipe, and cooked in the oven rather than deep fried. The spices give it an extra zing. The example in the picture was made with salmon fillets

- 4 fillets of fish, such as haddock, cod or salmon, cut in half
- 1 tbsp plain flour
- ½ tsp ground turmeric
- pinch of black pepper
- ½ tsp ground cardamom
- ½ tsp garam masala or curry powder
- 1 egg, beaten
- a little olive oil
- 100g white breadcrumbs (make your own by blitzing 2 slices of crustless bread in a food processor)
- 500g potatoes, unpeeled and cut into wedges or small chunks
- 2 tbsp sunflower oil
- 2 tsp cumin seeds
- 1 red chilli, chopped finely

Method

Preheat the oven to 200 C, 180 fan, gas mark 6. Bring a pan of water to the boil, add some salt and boil the potatoes for 5 minutes, then drain. Pour the sunflower oil into a roasting dish, add the potatoes and cumin seeds and stir, then roast for 20 - 25 minutes.



Mix the flour, spices and a pinch of salt in a flattish dish. Beat the egg into another and put the breadcrumbs into a third. Dip each fillet into the flour mix, then the egg, then the breadcrumbs.

When they are starting to look golden and crisp, remove the potatoes from the oven and sprinkle with the red chilli. Give it all a stir. Lay the fish on top, drizzle over a little olive oil and put back into the oven for 10 minutes until cooked through and the breadcrumb coating is golden.

Serve with peas or a side salad and a wedge of lemon.