

Healthy fish, chips and mushy peas

Recipe and ingredients for the chips and mushy peas

**One
Life
Suffolk**



400g baking potatoes. 12p/per potato
1 potato per portion. 4 baking potatoes/47p
2 tsp olive oil. £0.07/per 2 tsp
(Tesco Pure Olive Oil £1.10)



● 140g frozen peas. 1kg/88p
☁ 2 tbsp creme fraiche. 300ml/£1.10

Chips...



1. Heat oven to
200C/fan 180C/gas 4.



2. Peel and
chop the
potatoes into
thick chips.



3. Toss with olive
oil and some salt.



4. Arrange on a
large non-stick
baking tray and
roast for 20 mins,
turning halfway.



Mushy peas...



1. Boil the peas
for 3-4 mins,
then drain and mash.



2. Stir in the
crème fraiche.



3. Place all items
onto a plate and enjoy.



Total cost to make healthy fish, chips and mushy peas recipe £6.00

Based on prices in Tescos 02/07/20

**Families
and
Young People**

Healthy fish, chips and mushy peas

**One
Life
Suffolk**

Recipe and ingredients for the fish

- 👉 2 white fish fillets, (*boneless*) such as haddock- £2.49
- 👉 1 tbsp plain flour
- 👉 1 egg, beaten 12p/egg. Tescos own 6 eggs/70p



1. Lightly toast the bread, then pulse briefly in a food processor for coarse breadcrumbs.



2. Dust the fish in flour, shaking off the excess flour.



3. Then dip into the egg.



4. Then dip in breadcrumbs to coat thoroughly.



5. Roast the fish for a further 20 mins, in the oven until golden.



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**Families
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Young People**