

# Fish 'n' Chips

## Description

This tasty fish n chips recipe is baked but still comes out just as crunchy golden brown as the fried variety.

## Ingredients

### Chips

- 4 medium baking potatoes, peeled
- 2 tbsp olive oil
- 1/4 tsp black pepper

### Fish

- 1 lb haddock fillets
- 1/3 cup all-purpose flour
- 1 egg, beaten lightly
- 2 tbsp water
- 2/3 cup corn flakes, crushed
- 1 tbsp grated parmesan cheese
- 1/8 tsp cayenne pepper
- 1/4 tsp black pepper (for flour)



## Summary

**Yield:** 4

**Prep Time:** 30 minutes

**Category:** Fish

**Cuisine:** American

## Instructions

### Chips

In a mixing bowl, combine olive oil and pepper. Cut potatoes lengthwise into 1/2 inch strips. Add to olive oil mixture, toss thoroughly to mix.

Coat a 15" by 10" by 1" baking pan with cooking spray. Place potatoes in pan. Bake uncovered at 425° for 30 minutes until golden brown and crisp.

### Fish

In a shallow dish, combine flour and pepper. In a second shallow dish beat egg and water. In a third dish, combine the cornflakes, Parmesan cheese and cayenne pepper. Dredge the fish fillets in the flour, then dip in the egg mixture and coat with cornflake crumb mixture.

## Fish 'n' Chips

Place fish fillets on a baking sheet coated with cooking spray. Bake at 425° for 15 minutes or until fish flakes easily with a fork.

### **To Serve**

Serve fish and chips with tartar sauce for fish, and ketchup for chips if desired.