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Crumbed Grenadier with Chunky Chips & Garden Salad

Ah, crumbed fish with thick, chunky cut chips - is there anything better? Your oven baked chips will take a little while in the oven, but the rest of this supper is whipped up in a matter of moments. After whipping up a salad with a vinaigrette and cooking your crispy fish fillets, there's nothing left to do but sit back and relax!

-  **Prep:** 15 mins
-  **Cook:** 35 mins
-  **Total:** 50 mins
-  level 2
-  high protein
-  seafood first

Pantry Items

-  Olive Oil
-  Dijon Mustard
-  Egg



Potatoes



Lemon



Parsley



Mixed Salad Leaves



Cucumber




Panko Breadcrumbs




Grenadier Fish

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 1 cm thick wedges 
1 tbs	2 tbs	olive oil *
½ bunch	1 bunch	parsley, finely chopped 
½	1	lemon, zested & juiced 
1 tsp	2 tsp	Dijon mustard *
1 bag	2 bags	mixed salad leaves, washed
1	2	cucumber, diced
1 cup	2 cups	panko breadcrumbs
1	2	egg, lightly beaten *
2 fillets	4 fillets	grenadier fish

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

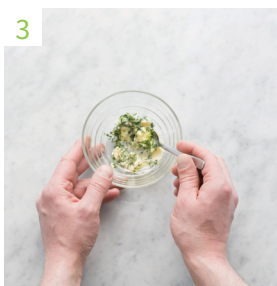
Energy	2410	Kj
Protein	35	g
Fat, total	26.8	g
-saturated	4.1	g
Carbohydrate	45.5	g
-sugars	3.2	g
Sodium	232	mg



You will need: *chef's knife, chopping board, zester, two oven trays lined with baking paper, medium bowl, two shallow bowls, and a plate.*

1 Preheat the oven to 220°C/200°C fan-forced.

2 Toss the **potato** in half of the **olive oil** and place in a single layer on one of the lined oven trays. Season generously with **salt** and **pepper**. Cook in the oven for **30-35 minutes** or until golden and tender. Remove from the oven and toss with half of the **parsley**.



3 In a medium bowl combine the remaining olive oil, **lemon juice** and **Dijon mustard**. Add the **mixed salad leaves** and **cucumber** and toss to coat well. Set aside.

4 Meanwhile, combine the **panko breadcrumbs**, **lemon zest** and the remaining parsley in a shallow bowl. Season with salt and pepper. Place the **egg** in a separate shallow bowl. Season the **grenadier fish fillets** with salt and pepper and then dip into the egg, letting the excess egg drip back into the bowl. Transfer the fish to the breadcrumb mixture and coat well. Place on the remaining prepared oven tray.



5 Brush or spray the crumbed fish fillets with a little olive oil. Add to the oven in the last **10 minutes** of the potato cooking time, or until golden.

6 To serve, divide the golden chips and crumbed fish between plates. Serve with the dressed garden salad.



Did you know? There are two varieties of panko breadcrumbs, white and tan. Both are made from white bread but the tan utilises the entire loaf.