



FISH & CHIP SALADS

WITH TARTARE DRESSING

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

I love fish and chips (when they are done well), but we can't justify having them too often! These fish and chip salads are a tasty, quick and healthy alternative suitable for any night of the week.



FISH AND CHIP SALADS

- 600g potatoes (i.e. Agria) (1lb 5oz)
- 1 Tbsp olive oil
- 80g Mediterranean rocket (2.8oz)
- 1 Lebanese cucumber
- 180g cherry tomatoes (6.8oz)
- 1/3 red onion*
- 550g white fish (i.e. lemon fish, tarakihi, snapper) (1lb 3oz)
- 1/4 cup plain flour (25g)
- 1/4 cup milk (60ml)
- 1 egg
- 1 Tbsp butter
- 2/3 cup frozen peas (100g)

DRESSING

- 6 cornichons (mini gherkins)
- 1/4 cup plain, unsweetened yoghurt (60ml)
- 3 Tbsp aioli
- 2 Tbsp cold water
- 1 Tbsp lemon juice

1. Preheat oven to 200°C (390°F) fan bake. Line a large oven tray with baking paper.
2. **PREPARE POTATOES**
Wash and scrub potatoes (peel if you like). Dice into small 1-2cm (0.5in) cubes. Place on prepared tray, drizzle with oil, season with salt and pepper. Toss with your hands and arrange in a single layer. Cook for 30 minutes, until golden brown and edges are crisp.
3. **PREPARE SALAD INGREDIENTS**
Meanwhile, divide rocket between individual serving plates. Thinly slice cucumber, slice tomatoes in half and finely dice onion. Place on top of rocket.
4. **MAKE DRESSING**
Finely dice cornichons. Whisk together yoghurt, aioli, water and lemon juice. Stir in cornichons and season with salt and pepper to taste.
5. **COOK FISH**
Cut fish into approximately 3cm (1in) cubes. Place in a resealable bag or container with flour and season with salt and pepper. Shake to distribute evenly. In a shallow dish, whisk together milk and egg. Add fish and turn to coat. Heat butter in a large frying pan over medium-high heat. Pan fry fish (you may need to do this in batches) for 2 minutes each side, until golden and cooked through.
6. While fish cooks, microwave peas for 1-2 minutes, until defrosted and warm.
7. **SERVE**
Sprinkle peas over salads. Top with potatoes and fish and drizzle with dressing.

*Shared with stuffed meatballs recipe.



WINE MATCH: A crisp Sauvignon Blanc.

FISH AND CHIP SALADS RECIPE NOTES

GLUTEN-FREE OPTION: Replace plain flour with gluten-free cornflour or plain gluten-free flour. Make sure aioli is gluten-free.

INGREDIENT SWAPS: You could use kumara instead of potatoes. Mesclun or shredded cos lettuce can be used in place of rocket. If you don't like fish, use diced chicken tenderloins instead (you will need to cook them for longer).

MAKE IT EASIER: Instead of using fresh fish, you could use pre-prepared crumbed or battered fish or chicken portions. Check cooking instructions on packet (you will need to place them in the oven approximately 10 minutes after the potatoes have gone in).

STORING AND REHEATING: Store fish and potatoes together, separate from other salad ingredients. Reheat in the oven for best results. Assemble and dress salad just before serving.