



POLENTA CRUMBED FISH

WITH CHIPS & SALAD

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

Another variation on fish and chips! This polenta crumbed fish is naturally gluten-free with a delicious crunchy coating. Perfect served with chunky chips and salad.



CHIPS

- 800g potatoes (i.e. Agria) (1lb 12oz)
- 2 tsp olive oil
- 60g baby rocket (2.1oz)
- 300g can whole corn kernels, drained (10.6oz)
- 1/2 lemon
- 1 Tbsp olive oil

SAUCE

- 1/2 cup unsweetened Greek yoghurt (125ml)
- 3 Tbsp mayonnaise
- 1 Tbsp lemon juice
- 1 Tbsp capers

SALAD

- 1/4 small red cabbage
- 1/2 telegraph cucumber

FISH

- 3/4 cup polenta (125g)
- 2 tsp garlic powder
- 1 tsp salt
- 1/4 tsp black pepper
- 1 egg
- 500g white fish fillets (1lb 2oz)
- 3 Tbsp rice bran oil

1. MAKE CHIPS

Preheat oven to 200°C (390°F) fan bake and line a large oven tray with baking paper.

2. Scrub potatoes clean. Cut into chunky chips. Place on prepared tray, drizzle with oil and season with salt and pepper. Toss to combine, then arrange in a single layer and bake for 15 minutes. Turn chips over, then cook for a further 15 minutes, until golden.

3. PREPARE SAUCE

Meanwhile, whisk together yoghurt, mayonnaise, and lemon juice. Chop capers into smaller pieces and stir through. Season to taste with salt and pepper.

4. MAKE SALAD

Finely shred cabbage. Dice cucumber. Place cabbage, cucumber, rocket and corn kernels in a salad bowl. Squeeze lemon juice over the top, drizzle with oil, season with salt and pepper and gently toss to combine.

5. COOK FISH

Combine polenta, garlic powder, salt and pepper in a shallow dish. Whisk egg with a fork in a shallow bowl. Cut fish into 4 fillets and dip each piece in egg, then in polenta to coat.

6. Heat oil in a large frying pan on medium-high. Pan fry fish fillets for 2-3 minutes each side, until coating is golden and fish is just cooked through (you may need do this in two batches). Season with a little extra salt.

7. SERVE

Divide fish and chips between serving plates. Serve with a generous helping of salad and sauce.



WINE MATCH: Go for a Sauvignon Blanc.

POLENTA CRUMBED FISH RECIPE NOTES

GLUTEN-FREE OPTION: Make sure your mayonnaise is gluten-free, otherwise this meal is naturally gluten-free!

INGREDIENT SWAPS / NOTES: If you don't like capers, replace with finely chopped cornichons (baby gherkins). You can use any white fish you like. I chose lemon fish - it was a good price, the flavour is nice and it holds together well. This meal would also work well with chicken tenderloins (cook for an extra 2-3 minutes each side, to ensure fully cooked through).

STORING AND REHEATING: Fish and chips can be stored together. Keep salad and sauce separate. Fish and chips are best reheated in the oven.