

# CRISPY FISH & 'CHIPS' 3 WAYS

## CHIP-CRUMBED FISH FILLETS

Serves 4

### INGREDIENTS

- 1 bag crinkle-cut salt and vinegar chips
- 1 cup flour
- 2 eggs, beaten
- 1 x 500g box Sea Harvest Frozen Hake Fillets, defrosted
- 3 cups cooking oil

### Serving suggestion:

- Coleslaw
- Boiled baby potatoes
- Lemon wedges
- Tartare sauce

### METHOD

1. Place the chips in a resealable bag and crush with a rolling pin.
2. Place the beaten egg and flour in separate bowls.
3. Coat the defrosted fish fillets in flour, dip in egg and coat in the chip crumb. Repeat the flour, egg and crumb dipping process.
4. Place a cup of cooking oil in a pan on medium-high heat.
5. Once small bubbles start to form, place fillets in hot oil and shallow-fry until golden and crispy.
6. Place on paper towel to absorb excess oil.
7. Serve with coleslaw, boiled baby potatoes, wedges of lemon and tartare sauce and ENJOY!

# CHIP-CRUMBED FISH NUGGETS

Serves 4

## INGREDIENTS

- 1 cup flour
- 2 eggs, beaten
- 1 bag crinkle-cut fruit chutney chips
- 1 x 450g box Sea Harvest Frozen Hake Medallions, defrosted and cut into 4 even-sized nuggets
- 1½ cups cooking oil

## Serving suggestion:

- Tomato sauce
- Peas
- Thickly-cut potato wedges, baked

## METHOD

1. Preheat oven to 200°C.
2. Place chips in a sealable bag and crush with a rolling pin.
3. Place beaten egg and flour in separate bowls.
4. Crumb your fish nuggets by dusting in flour, dipping in egg and coating in chip crumb.
5. Repeat the flour, egg and crumb-dipping process.
6. Place on a greased baking tray and bake for 20-25 minutes until golden and crispy.
7. Serve with tomato sauce, peas, baked potato wedges and ENJOY!



## CHIP-CRUMBED FISH STRIPS

Serves 4

### INGREDIENTS

1 cup flour

2 eggs, beaten

1 bag crinkle-cut spicy tortilla chips

1 x 500g box Sea Harvest Frozen Hake Fillets, defrosted and sliced into strips

1½ cups cooking oil

### Serving suggestion:

Plain mayonnaise

### METHOD

1. Place chips in a sealable bag and crush with a rolling pin.
  2. Place beaten egg and flour in separate bowls.
  3. Crumb your fish strips by dusting in flour, dipping in egg and coating in chip crumb.
  4. Repeat the flour, egg and crumb-dipping process.
  5. Heat the cooking oil in a deep pot on medium-high heat.
  6. Once small bubbles start to form, place fillets in the hot oil and deep-fry until golden and crispy.
  7. Place on paper towel to absorb excess oil.
  8. Serve in a basket with mayonnaise to dip and ENJOY!
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