

CRISPY FISH 'N CHIPS WITH A TWIST

Serves 2

INGREDIENTS

For the fish 'n chips:

2 sweet potatoes, washed, peeled and sliced into fries
2 tbsp olive oil
 $\frac{3}{4}$ tsp each salt and pepper, to season
1 tin (400g) Lucky Star Pilchards in Tomato Sauce
1 cup panko breadcrumbs
 $\frac{1}{2}$ cup cake flour
1 egg, beaten

For the dipping sauce:

$\frac{1}{4}$ tin (100g) Lucky Star Chakalaka Mild & Spicy
 $\frac{1}{4}$ cup mayonnaise

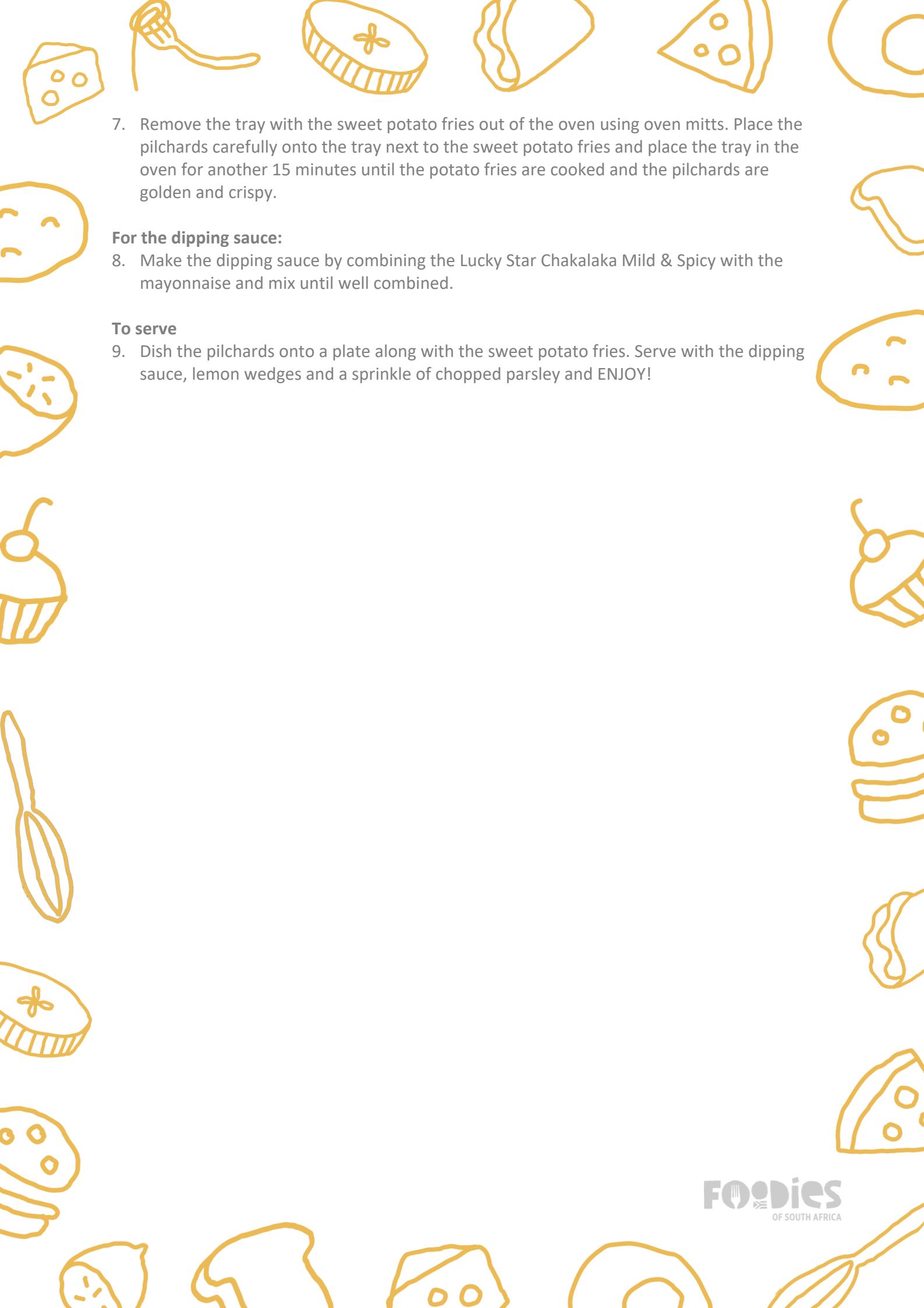
Serving suggestion:

Lemon wedges
Chopped parsley

METHOD

For the fish 'n chips:

1. Preheat the oven to 200°C and line a baking tray with baking paper.
2. Place the sweet potato chips on the tray and drizzle over the olive oil with a $\frac{1}{4}$ teaspoon each salt and pepper. Place the tray in the oven and allow the chips to bake while you prepare the pilchards, about 15 minutes. **Chef's Tip: In total, the sweet potato fries need about 30 minutes until cooked.*
3. Carefully remove the Lucky Star Pilchards in Tomato Sauce from the tin, ensuring not to break them and place them on a plate. **Chef's Tip: Pour the sauce into a zip-seal bag and freeze to use for another tomato dish!*
4. Gently pat the pilchards with a paper towel, getting some of the sauce off of them. **Chef's Tip: You can carefully debone the pilchards if preferred, although pilchard bones are safe to eat.*
5. Pour the panko breadcrumbs into a plate and add $\frac{1}{2}$ teaspoon each salt and pepper. Mix to combine.
6. Add the flour to a wide-rimmed plate and the beaten egg in a wide-rimmed bowl. Pick up a pilchard and carefully dip it into the flour and then into the beaten egg. Lift the pilchard from the egg mixture, allowing excess egg to drip off and gently place it in the plate with the breadcrumbs. Slowly roll the pilchard in the breadcrumbs, ensuring that it is well covered. Repeat with the remaining pilchards. **Chef's Tip: You can use plain breadcrumbs or crushed cornflakes if you don't have panko!*

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7. Remove the tray with the sweet potato fries out of the oven using oven mitts. Place the pilchards carefully onto the tray next to the sweet potato fries and place the tray in the oven for another 15 minutes until the potato fries are cooked and the pilchards are golden and crispy.

For the dipping sauce:

8. Make the dipping sauce by combining the Lucky Star Chakalaka Mild & Spicy with the mayonnaise and mix until well combined.

To serve

9. Dish the pilchards onto a plate along with the sweet potato fries. Serve with the dipping sauce, lemon wedges and a sprinkle of chopped parsley and ENJOY!