

Macadamia Crusted Fish

Serves: 2

Prep time: 10 minutes

Cook time: 25 minutes



2 serves per portion

Ingredients

1 sweet potato, cut into chips

2 tablespoons olive oil

1 tablespoon mixed herbs

1 teaspoon garlic, minced

¼ cup macadamias, finely chopped

¼ cup fresh parsley, finely chopped

1 lemon, zested and juiced

Cracked pepper, to taste

2 fillets fresh or thawed frozen fish of choice

2 cups mixed salad leaves

Method

PREHEAT oven to 180°C. Line a baking tray with baking paper.

TOSS sweet potato chips in 1 tablespoon of olive oil and mixed herbs, and place on lined baking tray.

TRANSFER tray of sweet potato chips to the oven. After baking chips for 10 minutes, remove from the oven and make space on the tray for the fish fillets.

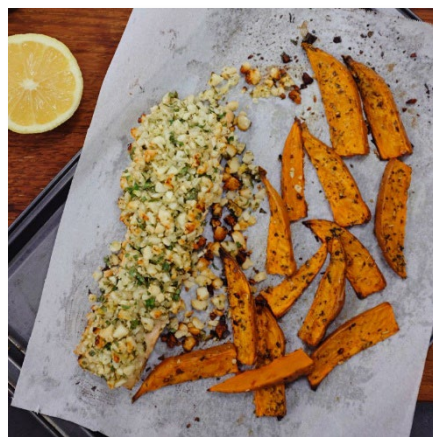
COMBINE remaining 1 tablespoon of olive oil, garlic, macadamias, parsley, lemon zest, half the lemon juice, and pepper in a small bowl.

COAT fish fillets with macadamia crust mix and transfer to the tray with the sweet potato chips.

BAKE fish and chips in the oven for another 10-15 minutes, or until cooked to your liking.

TOSS salad leaves in remaining lemon juice.

SERVE fish and chips with salad leaves on the side.



Everyday Food

Recipe courtesy of the Country Kitchens team