

Roasted Cod and Sweet Potato Chips with Gremolata

Low fat

Total time: **25 minutes**

Serves: **4**

Ingredients

4 sweet potatoes
Fillipo Berio extra virgin olive oil spray
4 Waitrose line-caught Icelandic cod fillets
1 lemon
½ x 20g pack Cooks' Ingredients flat leaf parsley, very finely chopped
1 garlic clove, crushed



Method

1. Preheat the oven to 200°C, gas mark 6. Peel the sweet potatoes and cut into chunky chips. Spread out on a non-stick baking sheet and spray lightly with olive oil. Roast for 15 minutes.
2. Turn the chips. Before you return them to the oven, place the fish on a separate non-stick baking sheet and spray lightly with olive oil. Put the fish and chips trays into the oven and cook for 10 minutes until the fish is cooked and the chips are golden and tender.
3. For the gremolata, finely grate the zest from the lemon into a small bowl. Add the chopped parsley, crushed garlic clove and some freshly ground black pepper and mix well together.
4. Divide the fish and chips among warmed plates, then squeeze a little lemon juice over the fish. Sprinkle with the gremolata and serve with steamed greens or a pea purée.

Nutritional Info

Typical values per serving:

Energy	327kcal
Carbohydrate	43.3g
Sugars	11.7g
Fat	3.6g
Saturated Fat	0.7g
Salt	0.4g

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