Battered Haddock Fish & Chips

Hand battered MSC haddock fillet, chunky chips, mushy peas & tartare sauce

By Mark Irish

Overview ...





CALORIES:

42.9% Carbs

23.5% Protein

33.6% Fat

Food Labelling...

Serves **1**

CONTAINS:

WHEAT EGGS FISH

MAY CONTAIN:

MILK SOYA

Recipe Ingredients ...	Quantity:	Description:
85715 McDougalls Fish Batter Mix 3.5kg -	45g	
114178 MSC Haddock Fillets Skinless Boneless 8/10oz (230-290g) -	252g	1x Each
111374 Gourmet Chunky Cut Chips	250g	
28979 Mushy Processed Peas -	150g	
114218 Lemons	25g	Wedge
85454 Heinz Tartare Sauce 2.15L	30g	
9802 Extended Life Rapeseed Oil	20.8g	(auto-calculated)

Products / Pack Sizes ...

1 Serving

Product code

Barcode

773g / 1117kcal

\# 1

Preparation:

Defrost the haddock fillet and dry on kitchen paper - chill until required
Make up the batter mix as per packaging guidelines
Cut the lemon into wedges
Decant the tartare sauce into serving pots

Method:

1. Coat the haddock with batter and cook in a deep fat fryer @175oC until crispy and core temperature is reached - drain.
2. Now cook the chips until golden and crispy - drain.
3. Reheat the mushy peas in a small pan on a gentle heat.
4. Arrange the cooked fish, chips and mushy peas on your chosen plate.
5. Serve with tartare sauce and lemon wedges.

NB. If preferred replace the haddock with code 2651 - MSC Cod fillet