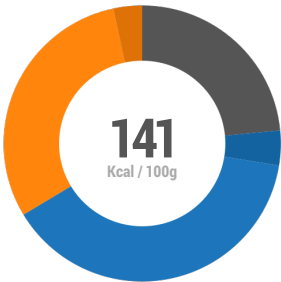


Battered Haddock Fish & Chips

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

By Mark Irish from Brakes

Overview ...



CALORIES:

42.9% Carbs

23.5% Protein

33.6% Fat

Food Labelling...

Serves 1

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CONTAINS:


WHEAT


EGGS


FISH

MAY CONTAIN:



MILK



SOYA


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