



EN Each portion contains

1535 kJ/365 kcal

25 g protein

13 g total fat, 3 g saturated fat

38 g carbohydrates

6 g fibre

Fish & chips

Main course - 2 portions

🕒 15 minutes + 12 minutes airfryer

200 g white fish fillet (haddock, cod, pollock)

30 g tortilla chips

1 egg

300 g (red) potatoes

1 tablespoon vegetable oil

½ tablespoon lemon juice

1. Preheat the airfryer to 200°C.
2. Cut the fish into four equal pieces and rub with lemon juice, salt, and pepper. Let the fish rest for 5 minutes.
3. Grind the tortilla chips very fine in the food processor and transfer the ground tortilla chips to a plate. Beat the egg in a deep dish.
4. Dip the pieces of fish into the egg one by one and roll the pieces of fish through the ground tortilla chips so that they are completely covered.
5. Scrub the potatoes clean under running water and cut them lengthwise into thin strips. Pat the potatoes dry with kitchen paper and coat them with oil in a bowl.
6. Insert the separator in the airfryer basket. Position the potato strips on one side and the pieces of fish on the other.
7. Slide the basket into the airfryer. Set the timer to 12-15 minutes and fry the potatoes and the fish until they are crispy brown.
8. Arrange the fish and chips on two plates and sprinkle lightly with salt. Delicious with a green salad.