

Healthy Fish & Chips with Tartare Sauce



Serves 2 Prep 5 mins

Cooking 40 mins

Easy

Ingredients

450g potatoes or buy oven bake chips for 2
1 tbsp olive oil
2 white fish fillets about 140g/5oz each
grated zest and juice 1 lemon
small handful of parsley
1 tbsp chopped gherkins
4 -5 heaped tbsp Greek Yogurt
lemon wedges, to serve

1. Heat oven to 200C/fan 180C/gas 6. Toss chips in oil. Spread over a baking sheet in an even layer, bake for 40 mins until browned and crisp or bake your oven bake chips according to the instructions on the packet..
2. Put the fish in a shallow dish, brush lightly with oil, salt and pepper. Sprinkle with half the lemon juice, bake for 12- 15 mins. After 10 mins sprinkle over a little parsley and lemon zest to finish cooking.
3. Meanwhile, mix the gherkins, yogurt, remaining parsley and lemon juice together, set aside and season if you wish. To serve, divide the chips between plates, lift the fish onto the plates and serve with a spoonful of yogurt mix.