



CHEESY BAKED FISH AND CHIPS



Ingredients

- 4 small fish fillets (500-600 grams) - cod, salmon, halibut, or even mahi-mahi work great
- 4 medium potatoes
- 2 eggs
- 5-6 tbsp oil
- ¼ cup flour or potato starch
- ½ cup grated parmesan
- 1 cup panko bread crumbs
- 2 tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 ½ tsp salt
- ½ tsp ground pepper



Instructions

Servings
4

Prep Time
35 mins

Fries Time
45 mins

Fish Time
30 mins

Total Time
90 mins

1. Arrange your oven racks so one is in the lower third and one is in the top third.
2. Preheat the oven to 400 ° F.
3. Wash the potatoes and cut them into thin sticks or wedges.
4. Add the cut fries in a large bowl of very cold water and let soak for 20 minutes.
5. Lay 3 plates in a row, for coating the fish. Add flour to the first plate and beaten eggs to the second plate. On the third plate, mix the parmesan, bread crumbs, paprika, garlic powder, onion powder, ground pepper, and ¼ tsp of salt.
6. Coat the inside of the baking dish for the fish with ½ tsp of oil.
7. Rinse the soaked fries in cool water and then pat them dry with a paper towel or tea towel - as bone dry as you can!
8. Place the fries on baking sheets and drizzle with 3-4 tbsp of oil.
9. Put the fries in the oven and set a timer for 15 minutes.
10. While the fries are baking, prepare the fish. Pat the fish dry with a paper towel. Rub each fillet with flour, then cover each fillet in egg, then press each fillet into the bread crumb mixture until well coated. Place the fillets in the oiled baking dish.
11. Once all the fillets are in the baking dish, drizzle the remaining oil over the fillets, as evenly as you can.
12. Once the oven timer for 15 mins on the fries goes off, flip the fries over on the baking sheet, for even cooking. Place the fries back in the oven, on the lower rack.
13. Reduce the oven temperature to 375 ° F.
14. Add the fish into the oven on the upper rack. Bake the fries and fish at 375 ° F for 25-30 minutes, or until cooked through.
15. When the fries and fish are fully baked, remove them from the oven. Serve with a side of creamy lemon herb dip.