Dinner

Crispy Oven Fish with Sweet Potato Wedges

Golden crumbed white fish baked alongside crisp sweet potato wedges, served with a fresh salad and a squeeze of lemon. A simple traybake that brings the classic pairing together in one oven.



Nut free

45 min	480	76.8 g	15.1 g
time	calories	carbs	sugars

Ingredients, 2 servings

- [ ] 500 g sweet potato, cut into wedges
- [ ] Spray olive or canola oil spray
- [ ] 1/2 cup breadcrumbs or gluten free breadcrumbs
- [ ] 1 teaspoon dried mixed herbs
- [ ] 1 egg
- [ ] 200 g firm white fish fillet
- [ ] 1 cup mixed salad or baby spinach leaves
- [ ] 1 tomato
- [ ] 1/4 cucumber
- [ ] 1/2 lemon

Method

- [ ] **1** Heat the oven to 230°C and line a baking tray with baking paper.
- [ ] **2** Spread the sweet potato wedges out in a single layer on the tray, coat generously with olive or canola oil spray and bake on the top shelf for 15 minutes.
- [ ] **3** Stir the breadcrumbs and dried mixed herbs together in a shallow dish and beat the egg in a separate shallow bowl.
- [ ] **4** Dip the firm white fish fillet into the beaten egg and shake off the excess so it is damp but not wet, then press it into the breadcrumb mixture until evenly coated and finish with a good spray of oil.
- [ ] **5** Turn the sweet potato wedges over, set the fish on the tray and bake for 10 minutes until the fish is golden and cooked through and the wedges are crisp.
- [ ] **6** Divide everything between plates and serve with the tomato, cucumber, mixed salad or baby spinach leaves and lemon on the side.

Nutrition Facts

Per serving

Calories	**480**
Total fat	6.1 g
Saturated fat	Not listed
Sodium	396 mg
Total carbs	76.8 g
Fiber	11 g
Total sugars	15.1 g
Protein	38 g

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