



Fish and Chips

(Serves 1)

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You can make many variations to the classic fish and chips. Not only can you modify your fish and chips at home but can also choose a healthier fish and chips meal when out. By choosing grilled fish with a side of salad or vegetables and reducing the amount of chips you eat this seaside favourite becomes significantly healthier.

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
One piece battered fish from the local shop	Swap battered fish to grilled or baked to lower the total fat and sodium and increase the total protein intake of your meal	100g Snapper or similar fish fillet
200g serve chips from shop	Swap to one low GI potato to improve the glycaemic index and lower the total amount of carbohydrate of the meal	1 medium Carisma potato
	Potato lightly brushed with an unsaturated fat oil instead of deep frying significantly reduces the amount of fat and kilojoules	1 tablespoon olive oil
Salt added to chips and fish from shop	Don't add any salt to meal or use a small amount to keep sodium down	2 pinches salt
4 tablespoons tartare sauce	Swap to home-made tartare dipping sauce to lower the total fat of meal	2 tablespoons natural yoghurt, 1-2 tablespoons capers, parsley & lemon juice
Nil sides	Added side salad to increase vitamin, mineral and fibre content of meal	Side garden salad

Nutritional Comparison

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy (kJ)	3830	1010	1270	284
Protein (g)	32.8	8.6	36.7	8.2
Fat total (g)	54.4	14.3	3.7	0.8
– Saturated fat (g)	17.1	4.5	1.4	0.3
Carbohydrate (g)	71.0	18.7	27.0	6.1
Fibre (g)	6.8	1.8	12.8	1.8
Sodium (mg)	5010	1320	220	49

Method

1. Preheat oven to 200°C / fan 180°C.
2. Peel and cut up potato, microwave for 5 minutes, lightly spray tray with oil and spread over a baking sheet in an even layer. Bake for 15 minutes until browned and crisp.
3. Place the fish in a shallow dish, brushing lightly with oil and pepper. Sprinkle with half the lemon juice and bake for 10 minutes, remove from oven and sprinkle over a little parsley and lemon zest, then finish cooking for 2-5 minutes.
4. Meanwhile, mix the capers, yoghurt, remaining parsley and lemon juice together, set aside and season if you wish.

