

# Fish and Potato Wedges

## Ingredients

- 1 medium fillet of skinless, boneless fish
- 1 medium sized baking potato
- 1 Egg
- Flour for dusting
- 2 slices of bread
- 1 teaspoon of turmeric
- Salt & Pepper
- 1 tablespoon of vegetable oil

## Method

### **For the Wedges**

- Pre-heat oven to 200c / gas mark 6
- Cut the potato into half lengthways
- Now cut each half into quarters (again lengthways) so that you end up with 8 wedges in total
- Coat the wedges with oil and arrange them evenly in the roasting tin then season with salt & pepper
- Bake for 30-40 minutes until crisp and golden, turning halfway through using the tongs

### **For the Fish**

- Cut the fish into evenly sized strips
- Prepare the breadcrumbs using the food processor, adding 1 teaspoon of turmeric for colour
- Put the flour on a plate
- Using the table fork whisk the egg on a plate
- Put the breadcrumbs on a plate
- Coat the fish with flour, then egg, then breadcrumbs
- Evenly arrange the fish in another roasting tin and bake for 10-15 minutes

## Equipment

- Chopping board
- Sharp knife
- 2 small roasting tins lined with baking paper
- Measuring spoons
- Tongs
- Food Processor
- Table fork
- 3 dinner plates

## Note

Before cooking you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Have all your ingredients to hand
- Get out ALL the equipment you'll require

