

BAKED FISH AND CHIPS

Dive into this delightful dish! Baked almond-crusted fish with a side of root vegetable fries — the perfect pair.



Baked Fish and Chips



SERVINGS



PREP TIME



COOK TIME

Ingredients

Oven fries

1		sweet potato, cut into strips
2		parsnips, cut into strips
5 mL	(1 tsp)	vegetable oil
2 mL	(½ tsp)	chili powder

Almond crusted fish

125 mL	(½ cup)	whole almonds
180 mL	(¾ cup)	whole grain breadcrumbs
10 mL	(2 tsp)	dried oregano
1		egg
30 mL	(2 tbsp)	water
60 mL	(¼ cup)	whole wheat flour
10 mL	(2 tsp)	paprika
454 g	(1 lb)	tilapia fillets
2 mL	(½ tsp)	salt (optional)
2 mL	(½ tsp)	black pepper
1		lemon, cut into wedges



MIX IT UP

Use your family's favourite fresh or frozen fish. Shop around for the best deal!

You could also use peanuts, hazelnuts, or pecans if you don't have almonds on hand.

Instructions

1. Preheat oven to 220°C (425°F) and line 2 baking sheets with parchment paper. Set aside.
2. Prepare oven fries: Combine sweet potato and parsnip strips in a large bowl. Add oil and chili powder. Toss to coat evenly and spread in a single layer onto one prepared baking sheet.
3. Bake for 25 to 30 minutes or until potatoes and parsnips are tender.
4. For the fish, place almonds in the middle of a clean kitchen towel and wrap into a bundle. Using a meat mallet or rolling pin, crush almonds until finely crushed.
5. Pour almonds into a large plate or tray and mix with whole grain breadcrumbs and oregano. Set aside.
6. In another plate, create egg wash by whisking together egg with water. Set aside.
7. In a third plate, mix flour together with paprika and set aside.
8. Cut each fish fillet in half and season with salt (optional) and black pepper.
9. To bread the fish, coat with flour and shake off any excess. Dip into egg wash and place into seasoned almond and breadcrumb mixture. Press down gently to adhere crumb coating.
10. Place fish onto the second prepared baking sheet and bake for 10 to 12 minutes or until golden brown. Use a [digital food thermometer](#) to check that fish has reached an internal temperature of 70°C (158°F).
11. Serve with lemon wedge.



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