

Fish & Sweet Potato Chips

with Sautéed Spinach & Apple

For centuries, fresh fish in England was only available along the coast. But in the late 1800s, thanks to the advent of railroads, fresh catch suddenly became available everywhere. “Fish and chips” was born, a dish of battered fish served with “chips,” the British term for “fries.” In our version, we’re making the chips with roasted sweet potato rounds for added seasonal sweetness.



Ingredients

4 Hake Fillets
1½ Pounds Sweet Potatoes
5 Ounces Baby Spinach
1 Fuji Apple
1 Cup Panko Breadcrumbs
¾ Cup Light Mayonnaise
1 Large Bunch Parsley

Knick Knacks

2 Tablespoons Capers
2 Teaspoons Old Bay Seasoning
1 Shallot
1 Tablespoon Champagne Vinegar
½ Cup All-Purpose Flour
½ Cup Dijon Mustard

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Remove the fish from the refrigerator to bring to room temperature; cut each fillet in half lengthwise. Core and small dice the apple. Cut the sweet potatoes into ¼-inch-thick rounds. Pick the parsley leaves off the stems; discard the stems and roughly chop the leaves. Roughly chop the capers. Peel and mince the shallot. In a medium bowl, combine the **mustard** and ½ cup of **water**.

2



Roast the sweet potatoes:

Place the **sweet potatoes** on a sheet pan. Generously drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast 18 to 20 minutes, or until browned and tender. Remove from the oven. Transfer to a serving dish.

3



Make the tartar sauce:

While the sweet potatoes roast, in a medium bowl, combine the **mayonnaise**, **vinegar**, **capers**, **2 tablespoons of the mustard-water mixture** (reserve the rest), **half the parsley** and **half the shallot**. Season with salt and pepper to taste.

4



Coat the fish:

While the sweet potatoes continue to roast, place the **breadcrumbs** in a medium bowl. In another medium bowl, combine the **Old Bay seasoning** and **flour**; season with salt and pepper. Working one at a time, coat each **fish piece** in the Old Bay-flour mixture (shaking off the excess), then the **remaining mustard-water mixture** (letting the excess drip off), then the **breadcrumbs**. Transfer the coated fish pieces to a plate or sheet pan. Set aside. Repeat with the remaining fish pieces.

5



Cook the apple & spinach:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **apple** and **remaining shallot**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant. Add the **spinach**; cook, stirring occasionally, 1 to 2 minutes, or until wilted. Season with salt and pepper to taste. Transfer to a serving dish and set aside. Wipe out the pan.

6



Cook the fish & serve your dish:

In the same pan used to cook the apple and spinach, heat a thin layer of olive oil on medium-high until hot. When the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the **coated fish pieces**, working in batches to avoid overcrowding. Cook 2 to 3 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate, then to a serving dish. Serve with the **roasted sweet potatoes**, **cooked apple and spinach** and **tartar sauce** on the side. Garnish with the **remaining parsley**. Enjoy!