



Fakeaway fish and chips Free Recipe 10042025

Description

Recipe

Fakeaway fish and chips

Eat Well for Less' healthier and cheaper take on fish and chips. Cornflakes are the star of the show!

Each serving provides 519 kcal, 42g protein, 63g carbohydrates (of which 6g sugars), 10g fat (of which 3g saturates), 8g fibre and 1.2g salt.

Recipe tips

Use gluten-free cornflakes for a gluten-free dinner.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables

1 small bunch [chives](#), finely chopped

750g/1lb 10oz [potatoes](#), peeled and cut into 1cm/½ in

Cooking ingredients

salt and freshly ground [black pepper](#)

1 tbsp [rapeseed oil](#)

Dairy, eggs and chilled

50g/1¾oz reduced fat [crème fraîche](#)

3 free-range [eggs](#)

Meat, fish and poultry

750g/1lb 10oz frozen [white fish](#) fillets

Other

400g/14oz frozen [peas](#)

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

[Book Novotel Hotel](#)

Mion Music Video – [Home Page](#)

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admin

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