Healthy Fish and Chips

*This recipe features crispy potatoes begun in the microwave, coupled with tender, moist, white fish wrapped in a crunchy flavorful coating that doesn’t add a lot of unwanted calories from deep-fat frying. It is a delicious and healthy way to enjoy fish and chips.*

**INGREDIENTS**

For the Chips

* 2–3 medium potatoes (use a naturally low-moisture variety, such as russet potatoes)
* Coarse salt, a savory pepper blend, and paprika
* Light-flavored olive oil

For the Fish

* 2–3 fish filets of any skinless white fish (such as tilapia, cod, flounder, pollack, or halibut)
* ¼ cup self-rising flour
* ¼ cup cornstarch
* 1 egg white
* 1 tablespoon cultured buttermilk powder
* ½ cup unseasoned panko crumbs
* ½ cup crushed, sliced almonds (Pulverize in a food processor, or use a meat mallet to crush nuts in a plastic bag.)
* Coarse salt, savory pepper, and fish seasoning (Old Bay, Herbs de Provence, or Beau Monde)
* Olive oil cooking spray (You can use a travel-size spray bottle to create your own cooking sprayer or spritzer.)

NSTRUCTIONS

For the Chips

1. Scrub potatoes with a vegetable brush, and microwave whole on high for 1 to 1 ½ minutes per potato.
2. Remove, and let cool enough to handle. Potatoes should still be firm, but starting to become translucent.
3. Cut in half lengthwise, and cut each half into thirds or fourths lengthwise.
4. Season with spices in a mixing bowl, and drizzle 1–2 tablespoons of oil, tossing to coat evenly.
5. Transfer to air fryer, and cook at high temperature (400 degrees Fahrenheit) for 18–20 minutes, shaking once or twice to redistribute in a fryer basket during cooking time.
6. Meanwhile, prepare the fish. When chips are crisp and golden, remove chips, and keep warm.

For the Fish

1. Thaw fish in the microwave; cut in portion-size pieces. Use paper towels to wick excess liquid from defrosted fish. Season with a little salt and pepper.
2. Gather 3 shallow bowls. In the first, mix flour and cornstarch. In the second bowl, beat the egg white until it has a foamy consistency, and then add 1 tablespoon of buttermilk powder. In the third bowl, mix nuts, panko crumbs, and spices.
3. Dip fish fillets in the flour or cornstarch mixture, and shake off excess; dip in egg and buttermilk mixture, and then roll in coating mixture.
4. Spray lightly with olive oil cooking spray.
5. Place into air fryer basket with the temperature set to 375 degrees Fahrenheit. Fry 4–6 minutes on one side, and then turn the pieces over, and fry for an additional 3–4 minutes. More oil can be sprayed on the second side if desired, but for safety reasons don’t use any aerosol cooking sprays with a hot air fryer.  Completely remove the frying basket from the heat source to spray or drizzle cooking oil on food.
6. Return chips to air fryer for 2–3 minutes more just before serving the fish and chips. Serve with lemon wedges, vinegar and salt, or tartar sauce.

For the Oven

When using the oven method, preheat the oven to 400 degrees Fahrenheit, but start potatoes in the microwave, 1 minute on high per potato. Cut into wedges, season, and toss to lightly coat with olive oil. Place in a shallow baking pan, and arrange the chips so they are minimally touching. Fry chips in the oven for 20–30 minutes until golden crispy on the outside but moist and soft on the inside.

Prepare fish as before, spray with olive oil, and place in a shallow baking dish with a rack in your oven. Fish and potatoes can fry together, but turn down the temperature to 375 degrees Fahrenheit when adding the fish to the oven, and bake for 15–20 minutes. You can drizzle more oil halfway through for a crispier coating. Fish is done when it flakes easily with a fork.