

Fish & Chips

Air Fryer

2 Servings

Ingredients – Fish

- 300 g Japanese tara (cod), cut into 4 pieces
- 1/4 tsp / 1.5 g salt (divided)
- 1/4 tsp black pepper
- 40 g cornstarch
- 60 ml low-fat milk or soy milk
- 60 g fresh panko (生パン粉 preferred) (とんかつ用)
- 1 tsp paprika
- 1/2 tsp garlic powder
- Canola oil spray



Ingredients – May Queen Fries

- 320 g May Queen potatoes, cut into 8–9 mm sticks
- 1 tsp / 5 g cornstarch (crisp booster)
- 1 T / 14 g canola oil
- 1/4 tsp / 1.5 g salt (divided)
- 1/4 tsp black pepper

Ingredients – Yogurt Tartar Sauce

- 150 g nonfat Greek yogurt
- 1 tsp lemon juice
- 1 tsp lemon zest
- 1 tsp finely chopped capers
- 1 tsp finely chopped pickle (optional)
- Pinch salt + pinch MSG
- Black pepper

Instructions – Fries

1. Soak **potato sticks** in cold water **20–30 minutes**.
2. Drain and dry thoroughly.
3. Toss with **cornstarch** until lightly coated.
4. Add **oil**, **half salt**, and **pepper**; toss again.
5. Preheat air fryer to **190°C**.
6. **Cook 12 minutes**; shake halfway.
7. Increase to **200°C** and **cook 4–6 minutes more** until crisp.
8. Season lightly after cooking.

Instructions – Fish

1. Pat **cod** completely dry.
2. Mix **cornstarch**, **paprika**, **garlic powder**.
3. Season fish lightly with **half salt** and **pepper**.
4. Dredge in **starch mixture**; dip in **milk**; coat in **panko**, pressing firmly. After coating fish, let it **rest 5–7 minutes** (up to 2 hours) before cooking.
5. Spray lightly with oil.
6. Cook at **190°C** for **8–10 minutes**; flip at **5 minutes**.
7. Target internal temperature 60–63°C.

Instructions – Sauce

1. Mix all sauce ingredients until smooth.
2. **Chill 10 minutes** before serving.

Air Fryer Notes

- Do NOT use a liner (maximum airflow needed for crisping).
- Cook fries first; fish cooks quickly.
- Do not overcrowd basket.

Nutrition (Per Serving)

Kcal: 525 | Protein: 42 g | Fat: 17 g | Sat. Fat: 3 g | Carbs: 56 g | Sugars: 5 g |
Fiber: 5 g | Sodium: 640 mg | Omega-3: 0.20 g

Nutrition (Total Dish)

Kcal: 1050 | Protein: 84 g | Fat: 34 g | Sat. Fat: 6 g | Carbs: 112 g | Sugars: 10 g |
Fiber: 10 g | Sodium: 1280 mg | Omega-3: 0.40 g