

Fish & Chips フィッシュ&チップス

Air Fryer

Serves 2

Ingredients

- 2 cod fillets (120–150 g each) タラ
- 2 g salt + MSG blend 塩+MSG
- 0.5 tsp black pepper 黒こしょう
- 1 T / 15 g flour 薄力粉
- 1 egg (50 g) 卵
- 40 g panko パン粉
- 1 tsp / 5 g olive oil オリーブオイル
- 300–350 g frozen shoestring fries (1/4 inch) 冷凍シェーピングポテト



Light Tartar Sauce

- 80 g nonfat Greek yogurt ギリシャヨーグルト
- 1 T chopped dill pickles デイルピクルス
- 1 tsp / 5 g Dijon mustard デイジョン
- 1 tsp / 5 g lemon juice レモン汁
- 1 tsp chopped dill (optional) デイル
- 1 g salt + MSG blend 塩+MSG
- Black pepper to taste 黒こしょう

Instructions

1. Pat **cod** dry and let **rest 5–10 minutes**.
2. Season with **salt + MSG** and **pepper**.
3. Coat: **flour** → **egg** → **panko**. Press firmly.
4. Lightly **spray oil** the coating.
5. **Preheat** air fryer to **200°C**.
6. **Cook fries 6 minutes**. Shake thoroughly.
7. **Continue fries 6–8 minutes**, shaking once more.
8. Add **fish** and **cook 8–9 minutes**. Flip fish halfway and **shake fries**.
9. Mix **tartar sauce ingredients** and **rest 5–10 minutes**.
10. Serve fish with fries and tartar sauce. Add **lemon** if desired.

Notes

- Do not overcrowd basket; fries need airflow.
- Shake fries 2–3 times to prevent clumping.
- Optional: light oil spray improves browning.
- Optional double-crisp: remove fries after cooking, rest 3–5 min, return for 2–3 min at 200°C.

Nutrition (per serving)

Kcal: 520 | Protein: 38 g | Fat: 14 g | Sat Fat: 3 g | Carbs: 60 g | Sugars: 2 g | Fiber: 4 g | Sodium: 600 mg | Omega-3: 0.4 g

Nutrition (total dish)

Kcal: 1040 | Protein: 76 g | Fat: 28 g | Sat Fat: 6 g | Carbs: 120 g | Sugars: 4 g | Fiber: 8 g | Sodium: 1200 mg | Omega-3: 0.8 g