Fish & Chips

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Ingredient *(Red = optional)*	Amount for one	Your variation
Chunky breaded haddock fillet *(frozen)*	1 *(150-175g)*	
Steak cut chips *(frozen)*	200g	
Peas *(frozen)*	100g	
Tartar sauce	1tsp	
Ground black pepper		
***TIP**: If you buy the cheapest fish you'll get more batter than fish - try Waitrose or M&S*		
***TIP:** Adjust these times based on what the packaging recommends*		

Prep Time minutes	Cook time minutes	*Your revised time*
5	35	

All prepared? Start timer at:	**35**
Slide the fish to the centre of the tray	**35**
Arrange the chips evenly around the fish	**30**
Turn the chips with turner or tongs	**15**
Put the peas in the steamer	**7**
Start microwave at 1,000 for 4 mins	**6**
Take the peas out of the microwave	**2**
Heat dinner plate in the microwave	**2**
Remove plate with an oven glove	**0**
Take tray from oven with an oven glove	**0**
Place the tray on a heatproof surface near the plate	**0**
Put the largest items on the plate first	**0**
Add the tartar sauce and ground pepper	**0**

Congratulations - you have completed your first My Inherited Kitchen recipe. Now that you've tested how it works try some different recipes and see how you like them.

Tools that help

- Scales
- Timer
- Turner
- Microwave steamer
- Tongs
- Roasting pan *(or baking sheet)*

Prep Instructions

1. Roasting tray in the oven and set it to180 for 5 mins
2. Place the amount of chips you want on a plate
3. Place the fish on a plate *(it's easier to transfer to the oven)*
4. Put 1tbsp of water in the microwave steamer

All recipes are based on using an induction hob, fan oven and microwave set at 1,000