

Fish 'n' Chips

Rachael Ray
30 Minute Meals

Servings: 4

1 1/2 pounds boiling or yellow-fleshed potatoes, cut into wedges
1/4 cup extra-virgin olive oil
6 cloves garlic, peeled and smashed
2 tablespoons fresh rosemary leaves, finely chopped
salt (to taste)
pepper (to taste)
1/2 cup cornmeal
1/4 cup flour
1/4 cup Parmigiano-Reggiano cheese, grated
1 lemon, zested and juiced
4 (6- to 8-ounce ea) red snapper fillets
4 plum tomatoes, seeded and chopped
1 cup flat-leaf parsley, chopped
4 scallions, finely chopped
extra-virgin olive oil (for drizzling)

Preheat the oven to 500 degrees.

Place the potatoes on a baking sheet and toss with olive oil, garlic, rosemary, salt and pepper.

Roast until the potatoes are tender and golden at the edges, about 20 to 25 minutes.

While the potatoes are working, in a large skillet, heat 1/4 cup of the olive oil, swirl the pan four turns, over medium-high heat.

Combine the cornmeal, flour, cheese and lemon zest on a plate.

Season the snapper with salt and pepper, then coat evenly with the cornmeal mixture.

Fry in the skillet, turning once, until golden brown, about 7 minutes total.

In a medium bowl, toss together the tomatoes, parsley, scallions, lemon juice and a drizzle of olive oil. Season with salt and pepper.

Top the fish with the sauce and serve the potatoes alongside.

Per Serving (excluding unknown items): 237 Calories; 14g Fat (52.0% calories from fat); 3g Protein; 26g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Fruit; 2 1/2 Fat.