

**Dr Joanna McMillan**

**Appliance: Philips Airfryer**

**Recipe: Polenta Macadamia Fish Goujons with Paprika Home-Cut Chips**

Serves 4

### *Ingredients*

600g Kipfler potatoes, scrubbed, skins on  
1 tbsp extra virgin olive oil, plus extra in spray bottle  
¼ tsp salt flakes  
½ tsp smoked paprika  
1 egg, free range or organic  
½ cup polenta  
¼ cup macadamia nuts  
Small handful parsley  
Small handful dill  
Pinch of salt  
Black pepper  
440g firm white fish fillets e.g. flathead, cod or perch  
Spray extra virgin olive oil

### *Method*

Cut the potatoes lengthways into quarters. Place in bowl, cover with water and leave to soak for at least half an hour. (You can leave for longer if more convenient to do this earlier in the day).

Drain the potatoes and pat dry with kitchen paper. In a bowl toss with the extra virgin olive oil, salt and paprika. Place into the Air Dryer basket and cook at 200°C for 20 minutes. Remove chips into separate bowl and place in a warm oven to keep hot while you cook the fish.

While chips are cooking, whisk the egg in one bowl. Pulse the nuts into a crumb in a food processor or blender (alternatively, crush the nuts in a mortar and pestle). Combine the crumbled nuts in another bowl and mix with the polenta, dill, parsley, pinch of salt and a good grind of black pepper.

Cut the fish into the desired finger-shaped size. Drench the fish in the egg, allowing the excess to run off, and then coat in the polenta nut crumb. Spray all over with the extra virgin olive oil.

Place the crumbed fish into the Air Fryer and basket and cook at 200°C for 5 minutes. Turn the fish fingers and cook for a further 5 minutes.

Serve the fish fingers with the home-cut paprika chips and a mixed salad.