

# Heath Stores

H O R S M O N D E N

## **British Food Fortnight 19<sup>th</sup> Sept to 4<sup>th</sup> Oct** **Heath Stores Meal deals – Fish and Chips** **10% discount**

Celebrate the best of British food at Heath Stores – Buy at least 2 of the listed ingredients and receive 10% off them.

What could be more British than Fish and Chips?  
At Heath Stores we have Salmon, smoked haddock, Crayfish tails as well as fantastic fresh fish from the deli.

### **Pesto Fish with home baked colourful chips**

One of Kate's favourite recipes can be used with most fish

Ingredients – for 4 people

*Beef Dripping*

*Jacket potatoes (2-3)*

*Sweet potato (1-2)*

*Fish of your choice (enough for 4)*

*Wild at Heart Wild Garlic Pesto or if you prefer Nettle Pesto*

**Chips**

Turn oven onto 220C

Leaving the skin on, cut the jacket potatoes into chunky chips and place in a pan of water, bring to the boil

Place 1-2 tablespoons of beef dripping in an oven tray – put tray in oven when the potatoes start to boil.

Peel sweet potatoes and cut into chunky chips

Once the jacket potato chips have boiled for 5 minutes drain them and with the sweet potato chips add them to the hot dripping in the oven tray. Coat the potatoes well in the oil and return to the oven for 40-50 minutes until beautifully browned.

Depending on your oven you may need to turn them at least once during cooking.

**Fish**

Lightly oil a griddle or frying pan and cook the fish on both sides (depending on the fish 5- 10 minutes)

2 minutes before the fish is cooked add Wild At Hearts fabulous Wild Garlic Pesto or Nettle Pesto. (Add to taste, about 2/3 jar for 4 people.)