THE LIGHTER PLATE METHOD

Air Fryer Cod with Crushed New Potatoes

Flaky cod in under 20 minutes, with a simple crushed potato that soaks up all the buttery lemon juices.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**18 min**	**28 min**	**2**	**EASY**

Ingredients

- 2 cod fillets
- 400 g new potatoes
- 100 g frozen peas
- 1 tbsp butter
- 0.5 lemon

Method

1. Boil the new potatoes for 15 minutes until tender, adding the peas for the final 3 minutes.
2. Meanwhile, season the cod and air-fry at 190°C for 10–12 minutes until opaque and flaking.
3. Drain the potatoes and peas, then roughly crush with a fork along with the butter and a squeeze of lemon.
4. Serve the cod on top of the crushed potatoes.

Storage & reheating

Best served immediately. Cod doesn't reheat well — leftovers are best flaked cold into a salad the next day.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
340	**30g**	**32g**	**9g**	**5g**

Estimated values, for guidance only. Contains: Fish, Milk.