




INGREDIENTS

- 8 Ounces Cod Fillets
- 1 Teaspoon Sea Salt
- 1 Tablespoon Black Pepper
- 1 Tablespoon Garlic Powder
- 1 Teaspoon Paprika
- 1 Teaspoon Dried Thyme
- 1²/₃ Cups All-Purpose Flour (enriched or whole grain rich)
- 4 Tablespoons Cornflour (enriched or whole grain rich)
- Breadcrumbs
- 1 Teaspoon Black Pepper
- 1 Teaspoon Paprika or Curry
- 1 Cup Milk
- 2 Cups Plantains (sliced)
- 1 Tablespoon Olive Oil

DIRECTIONS

1. Season cod with salt, black pepper, garlic powder, paprika and thyme.
2. In a bowl add flour, cornflour, black pepper, paprika, curry powder and milk, then whisk together.
3. Dip seasoned cod into to the wet batter mix, then cook in a frying pan over medium heat until golden brown on each side.
4. Slice plantain into 1/8" thick chips. Toss in olive oil and place on parchment-lined sheets. Bake in 375° oven for 15-20 minutes, or until golden.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Lunch/Supper

YIELD

- 6¹/₄ Ounce Cod +
- 2 Cups Plantains

PORTION SIZES

- Toddler:** 1 Ounce Cod +
1/8 Cup Plantains
- Preschool:** 1¹/₂ Ounces Cod +
1/4 Cup Plantains
- School Age:** 2 Ounces Cod +
1/4 Cup Plantains
- Adult:** 2 Ounces Cod +
1/2 Cup Plantains