



Pysgodyn a Sglodion

Cynhwysion

2 dysen wedi eu golchi a'u sleisio yn 8 tamaid
1/2 llwy fwrdd o olew llysiâu
40g o friwsion bara gwyn / gwenith cyflawn
1 wŷ wedi ei guro gyda 1 llwy fwrdd o ddŵr oer
2 ffiled o hadog neu benfras
150g pys slwtsh
Pinsiad o bupur du mâl

Dull

1. Cynheswch y popty i wres 200°C/Ffan 180°C/Marc nwy 6. Irwch dun rhostio gydag olew llysiâu.
2. Rhowch y tameidiau tatws mewn tun rhostio. Ychwanegwch weddill yr olew i orchuddio'r tatws. Ychwanegwch bupur du. Coginiwch yn y popty am 35-40 munud, gan eu troi drosodd ar ôl 20 munud.
Os nad ydych chi'n plicio'r tatws, mae hynny'n golygu eich bod chi'n cael mwy o ffeibr yn eich diet - ac maen nhw'n gyflymach i'w paratoi!
3. Gorchuddiwch blât gyda'r briwsion bara. Ychwanegwch bupur du. Gorchuddiwch y pysgod yn yr wŷ wedi ei guro cyn eu rhoi yn y briwsion bara. Gosodwch y pysgod ar dun rhostio a'u rhoi yn y popty pan fyddwch yn troi'r tatws. Dylai'r pysgod goginio am 15-20 munud.
4. Cynheswch y pys slwtsh mewn sosban cyn gweini gyda'r pysgod a'r sglodion.

Fish and Chips

Ingredients

2 potatoes, scrubbed, each cut into 8 wedges
1/2 tbsp vegetable oil
40g of dried white or wholemeal breadcrumbs
1 egg beaten with 1 tbsp cold water
2 fillets skinless haddock (or cod)
150g mushy peas
Pinch ground black pepper

Method

1. Preheat the oven to 200°C/fan oven 180°C/gas mark 6. Lightly grease a baking sheet with a little vegetable oil.

2. Put the potato wedges into a roasting tin. Add the remaining vegetable oil and toss to coat. Season with black pepper. Transfer to the oven to bake for 35-40 minutes, turning them over after 20 minutes.

Not peeling the potatoes means you get more fibre in your diet - and they're quicker to prepare.

3. Meanwhile, sprinkle the breadcrumbs onto a large plate. Season with a little pepper. Dip each fish fillet in the beaten egg, then coat in the breadcrumbs. Place on the baking sheet, then transfer to the oven when you turn the potatoes, so that it cooks for 15-20 minutes. To check that the fish is cooked, it should flake easily when tested with a fork.

Look out for dried breadcrumbs flavoured with lemon or spices to add extra flavour to the fish, or add some finely grated lemon zest or a pinch of paprika to plain dried breadcrumbs.

4. Heat the mushy peas in a saucepan, then serve with the fish and 'chips'.