

IT'S NEVER TOO LATE TO JOIN OUR FAMILY FAKEAWAY CHALLENGE!

We all like to treat ourselves to a night without cooking by ordering some convenience food. Unfortunately, those “treats” can have a negative impact on your whole family’s health and wellbeing especially if you eat them often.

How to take part:

1. You will receive a weekly recipe for a nutritious Move More Family Fakeaway.
2. Prepare this recipe with your children and enjoy it as a family.
3. Send us photos to show your family preparing and/or enjoying the meal together (Photos won't be shared or used without your permission).
4. Photos should be sent to marijana@move-more.org
5. The winning photo will be announced at the end of the challenge.



WEEK TWO

Fish 'n' Chips

On average, a frozen fish-finger contains only 50% fish and has lots of coating. Homemade fish-finger contains 80% fish and you control how much coating you put on! Ready-made frozen fish fingers can have very high levels of sodium – too much sodium can lead to high blood pressure, heart disease and stroke.

Top Tips!

Swapping potatoes for sweet potatoes is a good idea because they are rich in vitamin A, an antioxidant that helps your body fight germs. Sweet potatoes also have lots of vitamin C and vitamin B that help your brain work properly. One sweet potato has about four grams of plant-based fibre, which helps you maintain a healthy weight and lowers risk of chronic diseases such as type 2 diabetes and high cholesterol.



Did you know...

Most takeaways are fried, most likely using a processed vegetable or palm oil. These oils are frequently re-heated. Every time the oil is cooled and re-used it releases toxic substances that can cause damage to our organs, and have been linked to heart disease and cancer.



Fish 'n' Chips

Prep time: 20 minutes

Cooking time: 40 minutes

Serves: 4

Shopping List

Fish fingers:

- 500 gr of white fish fillets (fresh or frozen, just remember to thoroughly defrost fish before cooking)
- 1/3 cup plain flour
- 2 eggs, lightly beaten
- 3/4 cup fresh bread crumbs
- finely grated rind of 1 lemon

Sweet potato wedges:

- 4 medium sweet potatoes
- 1/3 cup olive oil
- 1 teaspoon salt (optional)
- 1/2 teaspoon pepper (optional)
- 2 tbsp rosemary (fresh or dry)

A selection of green leafy vegetables, such as spinach, cabbage, lettuce...

1. Preheat oven to 200C. Wash sweet potatoes. Slice in half, then into wedges.
2. Toss wedges in olive oil and seasonings.
3. Place on a baking sheet, skin side down.
4. Bake for 30-40 minutes.
5. Slice the fish into fingers.
6. Place the flour in a bowl.
7. Break eggs into another bowl and whisk to combine. son 1:18
8. Combine the fresh crumbs and lemon rind in a third bowl.
9. Place a fish finger in the flour bowl and cover well, dust off any excess. Dip the flour-coated fish finger in egg and then in the bread crumb mixture. Repeat for remaining fish fingers.
10. Place coated fish fingers on lined baking trays. In a single layer.
11. Bake for 10-15 minutes until golden and sizzling. Serve with sweet potato wedges and some nice green leafy vegetables on the side.

Missed a challenge? Fear not!
You can download previous weeks here >>

<https://www.move-more.org/at-home-resources/>

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