

# Fish and Fries

Brian Day

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 1/2 to 2 pounds fish fillets  
1 package (16 ounce)  
frozen crinkle-cut French  
fries  
1 can (14-3/4 ounce) cream  
of celery soup  
2/3 cup milk  
1/4 cup mayonnaise  
1 teaspoon curry powder  
1 tablespoon minced  
parsley (OR 1 teaspoon  
dried parsley flakes)*

Grease the bottom and sides of a 12x7-1/2 inch pan with cooking spray. Arrange the thawed fish fillets in a single layer.

Place the French fries on top of the fish.

In a bowl, combine the soup, milk, mayonnaise and curry powder. Pour over the fish and fries.

bake, uncovered, at 350 degrees for about 50 minutes until the contents are actively bubbling. Garnish with the parsley.

Serve with rolls and cheese-filled celery sticks.

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Per Serving (excluding unknown items): 874 Calories; 60g Fat (60.9% calories from fat); 70g Protein; 18g Carbohydrate; 1g Dietary Fiber; 205mg Cholesterol; 1529mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 6 Fat.