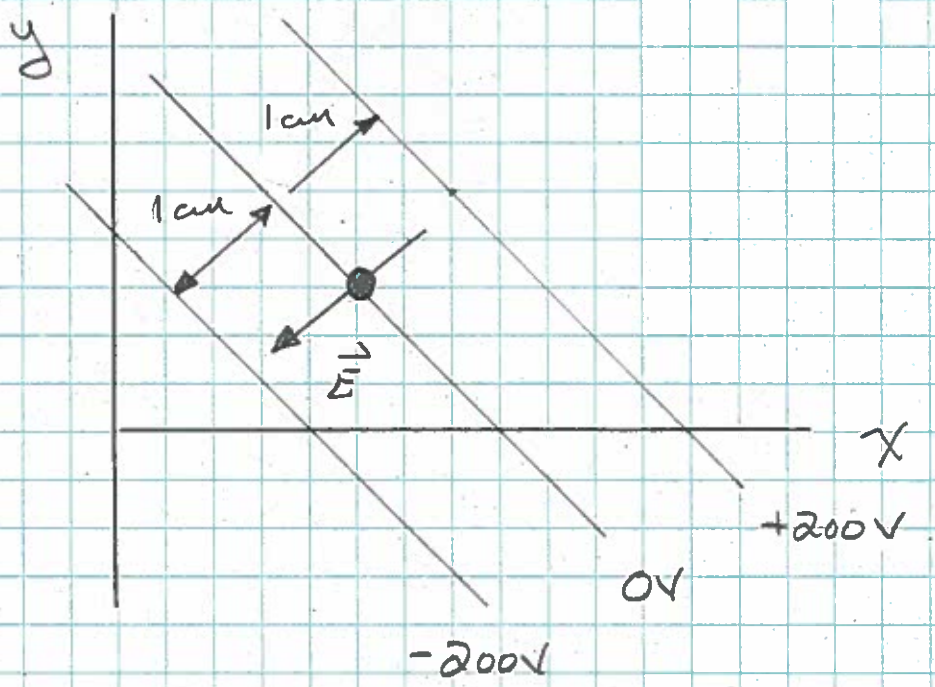

$\vec{E}$ ⊥ equipotentials and points downhill (i.e. high → low potential)

So $\vec{E}$ is 45° below −x axis.

and

$$|\vec{E}| = \left|\frac{\Delta V}{\Delta s}\right| \approx \left|\frac{200V - (-200V)}{0.02m}\right|$$

$$\approx \frac{400V}{.02m} = 20{,}000\ V/m$$

So

$$\vec{E} \approx (20{,}000\ V/m,\ 45° \text{ below } -x \text{ axis})$$