



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: PANKO CRUMBS

Panko crumbs are Japanese-style bread crumbs made from white bread without crusts. This makes a light crumb that absorbs less oil/butter when cooking and stays crispier for longer.



1. CRISPY PANKO FISH

WITH LEMON AIOLI

 30 Minutes

 4 Servings

Panko crumbed white fish fillets served with roasted potato rounds, lemon aioli and salad.

FROM YOUR BOX

MEDIUM POTATOES	800g
FESTIVAL LETTUCE	1/2 *
CONTINENTAL CUCUMBER	1/2 *
TOMATOES	2
CARROT	1
LEMON	1
GARLIC AIOLI	2 x 50g
PANKO CRUMBS	1 packet (100g)
FREE-RANGE EGG	1
WHITE FISH FILLETS	2 packets

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil / butter (for cooking) + olive, salt, pepper, dried oregano (or thyme) vinegar of choice

KEY UTENSILS

oven tray, frypan

NOTES

If you like, wedge potatoes. Skip step three and serve aioli as is with lemon wedges on the side.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

No gluten option - panko crumbs are replaced with gluten-free cornflakes. Crush to use.



1. ROAST THE POTATOES

Set oven to 220°C.

Cut potatoes into 1cm rounds. Toss with **oil, 1 tsp oregano, salt and pepper.** Arrange on a lined oven tray and roast for 25 minutes or until golden and tender.



4. PREPARE THE CRUMBS

Place panko crumbs on a plate or piece of baking paper. Season with **1 tsp oregano, salt and pepper.** Whisk egg in a shallow bowl and add fish fillets to egg wash.



2. PREPARE THE SALAD

Roughly chop lettuce, slice cucumber and dice tomatoes. Peel the carrot into ribbons. Toss together in a bowl with **1 tbsp olive oil** and **1/2 tbsp vinegar** (optional).



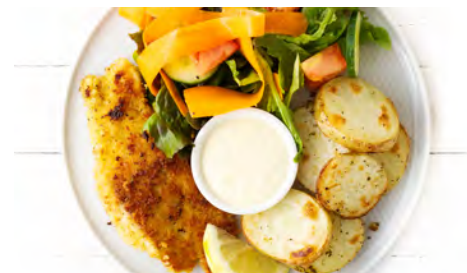
3. MAKE THE AIOLI

Zest lemon to yield roughly 2 tsp. Combine with aioli and juice from 1/2 lemon.



5. COOK THE FISH

Heat a large frypan with **oil/butter** over medium-high heat. Press fish into crumb to coat then place straight into frypan. Cook for 3-4 minutes on each side or until golden and cooked through.



6. FINISH AND PLATE

Serve fish and potato rounds with salad, lemon aioli and any remaining lemon cut into wedges.