



## Crumbed Fish Po Boy

Crunchy wholemeal rolls filled with crumbed fish fillets, fresh salad and a creamy dill mayonnaise with pickles.

### 20 minutes



2 servings



Fish

# Spice it up!

You can use your own favourite cajun spice on the fish if preferred! Cayenne pepper, ground cumin, coriander or BBQ rub also work well.

#### FROM YOUR BOX

ТОМАТО	1
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1 punnet
GHERKINS	1 jar
AIOLI	100g
WHITE FISH FILLETS	1 packet
PANKO CRUMBS	1 packet
WHOLEMEAL ROLLS	2-pack

#### FROM YOUR PANTRY

oil for cooking, smoked paprika, salt, pepper, dried dill (see notes)

#### **KEY UTENSILS**

frypan

#### **NOTES**

You can use fresh dill if you have some in the garden.

No gluten option - panko crumbs are replaced with lupin crumbs. Wholemeal rolls are replaced with GF rolls.



#### 1. PREPARE THE FILLINGS

Set oven to 200°C (optional to toast bread).

Slice tomato and ribbon cucumber using a vegetable peeler. Set aside with sprouts.



#### 2. PREPARE THE SAUCE

Chop 1 cup gherkins. Combine with aioli and 1/2 tsp dried dill.



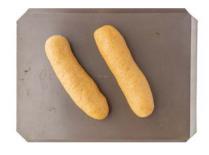
#### 3. PREPARE THE FISH

Coat fish with 1 tsp smoked paprika, oil, salt and pepper. Spread panko crumbs out on a plate. Press fillets onto crumb to coat.



#### 4. COOK THE FISH

Heat a frypan over medium-high heat with oil. Cook fish for 3-5 minutes each side until cooked through.



#### 5. TOAST ROLLS (OPTIONAL)

Cut the rolls in half lengthways. Toast in oven for 5 minutes until crunchy.



#### 6. FINISH AND SERVE

Fill the rolls with even amounts of sauce, salad and fish (cut fillets into smaller pieces if preferred). Serve with extra gherkins on the side.



