



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Alfalfa Sprouts

Alfalfa sprouts are a variety of legume in sprouted form! They're delicious in sandwiches and salads, and are easy to grow at home in a sprout-growing kit!



A4 Crumbed Fish Po Boy

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

 20 minutes

 4 servings

 Fish

11 March 2022

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

TOMATOES	2
LEBANESE CUCUMBER	1
ALFALFA SPROUTS	1 punnet
GHERKINS	1 jar
AIOLI	100g
WHITE FISH FILLETS	2 packets
PANKO CRUMBS	1 packet
WHOLEMEAL ROLLS	4-pack

FROM YOUR PANTRY

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

KEY UTENSILS

large 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 tomatoes 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 **2 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.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

