



Product Spotlight: Lupin Crumbs

Coastal Crunch's lupin crumb is great for crumbing, as a pasta topping, or anywhere you would use breadcrumbs, and it's available from our Marketplace!



Crumbed Fish Fingers with Chips

Herb and garlic crumbed fish fingers with golden chips, chopped salad and tartare sauce for dipping.

Make a burger!

Keep the fish fillets whole instead of making fingers. Crumb and cook until golden and serve with salad ingredients and sauce in a soft burger bun!



35 minutes



2 servings



Fish

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	32g	51g

FROM YOUR BOX

MEDIUM POTATOES	3
BABY COS LETTUCE	1
TOMATO	1
AVOCADO	1
LEMON	1
WHITE FISH FILLETS	1 packet
HERB AND GARLIC CRUMB	1 packet
TARTARE SAUCE	1 sachet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

KEY UTENSILS

oven tray, frypan

NOTES

Rinse fish fillets and pat dry with paper towel before cooking.



1. ROAST THE CHIPS

Set oven to 220°C.

Cut **potatoes** into chips and toss on a lined oven tray with **1/2 tsp oregano, oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.



4. COOK THE FISH

Heat a frypan over medium–high heat and cover base with **oil**. Cook fish for 3–4 minutes each side or until cooked through.



2. PREPARE THE SALAD

Separate and rinse **lettuce leaves**. Roughly chop lettuce, **tomato** and **avocado**. Toss together with juice from 1/2 **lemon** (wedge remaining) and **1/2 tbsp olive oil**. Season with **salt and pepper**.



3. CRUMB THE FISH

Cut **fish fillets** into fingers and coat with **oil and salt** (see notes). Spread **herb and garlic crumb** onto a plate. Press fish in to crumb to coat.



5. FINISH AND SERVE

Serve fish, chips and salad with **tartare sauce** and lemon wedges.



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