



Product Spotlight: Catalano's Seafood

This family business has a true commitment to sustainable fishing which is not ruining the seabed. They also go out of their way to bring you the freshest catch around, with no chemicals added to their packs.



Air fry it!

Place fish fingers in your air fryer basket. Coat with spray oil. Cook at 180°C for 10 minutes until golden and crispy. If you have space, the wedges in there too while prepping the fish fingers.

Fish Fingers & Wedges

Crispy homemade panko-crumbed fish fingers, paired with golden roasted wedges and a fresh lettuce and tomato salad, finished with tangy tartare sauce for a fun, classic family dinner.



35 minutes



Fish



2 servings

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	19g	67g

FROM YOUR BOX

MEDIUM POTATOES	3
PANKO CRUMBS	50g
FISH FILLETS	1 packet
BABY COS LETTUCE	1
TOMATO	1
TARTARE SAUCE	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 egg

KEY UTENSILS

large frypan, saucepan

NOTES

Spray oil is a great option for the fish fingers as it will give you an even coating without making them too oily.

Make it a garden salad by adding sliced cucumber and carrot, Season with olive oil and vinegar, or salad dressing of your choice.

No gluten option - panko crumbs are replaced with lupin crumbing mix.



1. MAKE THE WEDGES

Set oven to 220°C.

Wedge **potatoes** and add to a lined oven tray. Toss with **oil, salt and pepper**. Roast for 25–30 minutes. or until tender and golden.



2. PREPARE THE FISH FINGERS

Crack and whisk **1 egg** and **1 tbsp water** into a bowl. Spread **panko crumbs** onto a plate. Cut **fish** into fingers and season with **salt and pepper**. Dip **fish fingers** into **egg mix**, then press into **panko** to coat.



3. COOK THE FISH FINGERS

Line a second oven. Place **fish fingers** on oven tray and drizzle or spray with **oil** (see notes). Bake for 10–15 minutes or until golden and crispy.



4. PREPARE THE SIDE SALAD

Separate and rinse **lettuce leaves**. Wedge **tomato** and season with **salt and pepper** (see notes).



5. FINISH AND SERVE

Divide **wedges, fish fingers** and **side salad** among plates. Serve with **tartare sauce**.



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