



### Product Spotlight: Panko Crumbs


Panko crumbs are Japanese-style breadcrumbs made from white bread without crusts; they absorb less oil/butter when cooking and stay crispier for longer.




## Classic Crumbed Fish Burgers

### with Aioli

Crispy and golden panko-crusted fish fillets served in a warm bun with fresh salad fillings and creamy aioli.

 25 minutes

 4 servings

 Fish

## Add a side!

*Serve these burgers with potato wedges or roast Dutch carrots if you want a larger serve!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	33g	41g

## FROM YOUR BOX

WHITE FISH FILLETS	2 packets
PANKO CRUMBS	1 packet (80g)
BABY COS LETTUCE	1
AIOLI	2 x 100g
TOMATO	1
LEBANESE CUCUMBER	1
HAMBURGER BUNS	4-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, lemon pepper

## KEY UTENSILS

large frypan, frypan or griddle pan

## NOTES

If you don't have lemon pepper, you can omit it, or use lemon juice or zest instead.

You can cut the fish fillets into smaller pieces if preferred.

**No gluten option - hamburger buns are replaced with GF burger buns. Panko crumbs are replaced with lupin crumbs.**



### 1. PREPARE THE FISH

Coat fish with **1 tsp paprika**, **1 tsp lemon pepper**, **oil**, **salt** and **pepper** (see notes). Press into panko crumbs until coated on all sides.



### 2. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side until golden and cooked through.



### 3. PREPARE THE FILLINGS

Separate and rinse lettuce leaves. Slice tomato and cucumber.



### 4. WARM THE BUNS (OPTIONAL)

Heat a second frypan or griddle pan over medium-high heat. Cut buns in half and toast for 1 minute each side.



### 5. FINISH AND SERVE

Assemble burgers with even amounts of fillings, aioli and crumbed fish (see notes).



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