



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	80g
BABY COS LETTUCE	1
TOMATO	1
LEBANESE CUCUMBER	1
HAMBURGER BUNS	4-pack
AIOLI	2 x 100g

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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