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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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 | 4/6 servings | Fish

Add a side!

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

Per serve 4/6 Person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	43g	52g/53g

FROM YOUR BOX

	4 PERSON	6 PERSON
BABY COS LETTUCE	1	2
TOMATO	1	2
LEBANESE CUCUMBER	1	2
WHITE FISH FILLETS	2 packets	3 packets
PANKO CRUMBS	1 packet	2 packets
HAMBURGER BUNS	4	6
AIOLI	2 x 100g	3 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 GF breadcrumbs.

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1. PREPARE THE FILLINGS

Separate and rinse **lettuce leaves.** Slice **tomato** and **cucumber**.



2. PREPARE THE FISH

Coat **fish fillets** with **1 tsp paprika, 1 tsp lemon pepper, oil, salt and pepper** (see notes). Press into **panko crumbs** to coat on both sides.

6P - use 1 1/2 tsp paprika and 1 1/2 tsp lemon pepper for the fish.



3. 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.



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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