



### 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!




COASTAL  
CRUNCH

## Crumbed Fish Fingers with Chips

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

 30 minutes

 4 servings

 Fish

## 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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	24g	46g

## FROM YOUR BOX

MEDIUM POTATOES	800g
BABY COS LETTUCE	2-pack
TOMATOES	2
AVOCADO	1
LEMON	1
WHITE FISH FILLETS	2 packets
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 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 (in batches if needed) or until cooked through.



### 2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Roughly chop lettuce, tomatoes 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 on to crumb to coat.



### 5. FINISH AND SERVE

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



Scan the QR code to submit a Google review!

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

