



### 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!



## Crumbed Fish Fingers with Chips

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



35 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.



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