



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Panko Breadcrumbs

Panko is made from white bread without the crust. The result is flaky breadcrumbs that absorb less oil, making these fish fingers extra crispy!



1 Panko Fish with Wedges and Coleslaw

This is a tasty spin on the classic fish & chips, featuring crispy panko crumbs, salty feta sauce, wholesome potato wedges and a fresh side salad.

 30 minutes

 2 servings

 Fish

31 August 2020

Bake the fish

For a less hands-on approach and/or to use less oil, you can bake the fish after crumbing it. Place next to potatoes or on a separate tray, drizzle with a little oil, and bake for 10-15 minutes – or until cooked through and golden.

FROM YOUR BOX

MEDIUM POTATOES	3
FETA CHEESE	1/2 block (100g) *
LEMON	1
PEAR	1
SNOW PEA SPROUTS	1/3 punnet *
COLESLAW	1/2 bag (100g) *
FESTIVAL LETTUCE	1/2 *
WHITE FISH FILLETS	1 packet
EGG	1
PANKO BREAD CRUMBS	1 packet (50g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, dried dill or oregano, sugar (of choice)

KEY UTENSILS

oven tray, frypan, stick mixer (see notes)

NOTES

If you don't have a stick mixer, simply skip step 2 and serve the final dish with crumbled feta and a squeeze of lemon juice.

If you prefer a creamy coleslaw, you can toss with a few tbsp of the feta sauce instead.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-6 minutes on each side or until cooked through.

No gluten option - panko is replaced with GF cornflakes. Crush before crumbing.



1. COOK THE WEDGES

Set oven to 220°C.

Wedge potatoes and toss on a lined oven tray with **1/2 tsp dill or oregano, oil, salt and pepper**. Bake for 20-25 minutes or until golden.



2. MAKE THE SAUCE

Crumble feta into a jug. Add 1 tsp grated lemon zest, juice of 1/2 lemon, **1 tbsp olive oil, 2 tbsp hot water, 1 tsp sugar and 1/2 tsp dill or oregano** (optional). Use a stick mixer to blend into a sauce. Season with **salt and pepper**.



3. MAKE THE SALAD

Dice pear and halve sprouts, place into a bowl with the coleslaw. Toss together with **1/2 tbsp olive oil, salt and pepper** (see notes).

Roughly tear or chop lettuce.



4. PREPARE THE FISH

Cut fish into fingers. Whisk 1 egg, **salt and pepper** in a shallow bowl, add fish, and mix to coat. Place panko crumbs onto another plate.



5. CRUMB & COOK THE FISH

Heat a frypan with **oil** over medium-high heat. Press fish fingers into crumbs to coat, add to the pan (in batches) and cook for 3-4 minutes each side or until golden and cooked through. Keep cooked fish fingers on a plate lined with paper towel.



6. FINISH AND PLATE

Wedge remaining lemon.

Serve fish with potato wedges, salad, sauce and a lemon wedge.

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