



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Tartare Sauce

This Aussie-made European-style tartare sauce is perfect with both seafood and meat! Made with real mayo, fresh tarragon, chervil, shallots & cornichons.



1 Fish Burgers with Roasted Baby Carrots

Soft buns, fresh fish caught off the WA coastline and a side of Dutch carrots.

 25 minutes

 2 servings

 Fish

26 October 2020

Crumb the fish

For a crunchy finish, you can crumb the fish. Cover the fillets in oil or whisked egg, then press into panko breadcrumbs, crushed cornflakes or almond meal (seasoned with salt and pepper) before frying.

FROM YOUR BOX

DUTCH CARROTS	1 bunch
TOMATO	1
LEBANESE CUCUMBER	1
SNOW PEA SPROUTS	1/3 punnet *
FESTIVAL LETTUCE	1/2 *
WHITE FISH FILLETS	1 packet
HAMBURGER BUNS	2-pack
TARTARE SAUCE	100g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, plain flour (of choice)

KEY UTENSILS

oven tray, large frypan

NOTES

For extra flavour, use lemon pepper on the fish.

Add 1-2 tbsp of mayonnaise or natural yoghurt to the tartare to yield extra for dipping carrots.

No fish option - white fish fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.

No gluten option - hamburger buns are replaced with GF rolls.



1. ROAST CARROTS (OPTIONAL)

Set oven to 200°C.

Wash and trim carrots. Toss on a lined oven tray with **oil, salt and pepper**. Cook for 15-20 minutes or until just tender.



2. PREPARE THE SALAD

Slice tomato and cucumber, halve sprouts, wash and tear lettuce. Arrange all on a plate.



3. COOK THE FISH

Heat a frypan with **oil/butter** over medium-high heat. Mix **1 1/2 tbsp flour** with **salt and pepper** (see notes). Halve fish fillets, cover in flour mix, and cook for 3-4 minutes each side or until cooked through.



4. HEAT BUNS (OPTIONAL)

Halve the buns and place in the oven for 3-5 minutes to heat through.



5. FINISH AND PLATE

Spread one half of each bun with sauce (see notes). Add fish and salad to taste. Serve with roasted carrots and any remaining sauce.

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**

