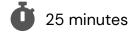




# Herb Crumbed Fish

# with Jalapeño Aioli

Fish fillets coated in flavourful herb and garlic lupin crumbs, served with corn cobettes, fresh and crunchy green salad and herbed jalapeño aioli.





2 servings



# Spice it down!

There are ways to make the jalapeño aioli milder. Try removing the seeds from the jalapeño, only add 1/2 or omit it. The jalapeño can be frozen and saved for another dish.

TOTAL FAT CARBOHYDRATES

## FROM YOUR BOX

JALAPEÑO	1
CHIVES	1 bunch
AIOLI	50g
CORN COB	1
LUPIN CRUMB	1 packet (40g)
WHITE FISH FILLETS	1 packet
BABY COS LETTUCE	1
CELERY STICK	1
AVOCADO	1

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar

#### **KEY UTENSILS**

large frypan, saucepan, stick mixer or small blender.

#### **NOTES**

Remove seeds from jalapeño for a milder dish. If you don't want to get the stick mixer out, finely chop jalapeño and chives and mix in a bowl with aioli and water.

Rub the corn in butter or oil, and season with salt and pepper if desired.



# 1. MAKE THE JALAPEÑO AIOLI

Roughly chop jalapeño (see notes) and 1/2 bunch chives (reserve remaining for step 4). Use a stick mixer or small blender and blend with aioli and 1 tbsp water until smooth.



# 2. BOIL THE CORN

Quarter corn cob and place in a saucepan. Cover with water and bring to a boil. Drain and set aside (see notes).



# 3. CRUMB THE FISH

Spread lupin crumbs on a plate. Coat fish fillets in oil, salt and pepper. Press fish into crumbs.



# 4. COOK THE FISH

Heat a frypan over medium-high heat with oil. Add fish and cook, in batches if necessary, for 2-4 minutes each side until cooked through.



# 5. MAKE THE SALAD

Wedge or slice lettuce and arrange on a plate. Thinly slice celery and reserved chives. Dice avocado. Arrange on top of lettuce. Drizzle over olive oil and 1/2 tbsp vinegar.



### 6. FINISH AND SERVE

Take all elements to table and serve.

