



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Panko crumbs

Panko crumbs are Japanese-style bread crumbs made from white bread without crusts; they absorb less oil/butter when cooking and stay crispier for longer.



S2

## Crispy Katsu Fish Burgers with Potato Chips

Toasted burger buns from Abhi's bakery, with panko crumbed fish fillets, shredded lettuce, pickled carrot and curry mayonnaise, all served with crispy oven-baked potato chips.



25 minutes



2 servings



Fish

18 November 2022

## Switch the flavours!

*You can make a ranch-style fish burger by switching the curry powder to dried dill. Chop some gherkins or capers and stir through the aioli if you have some.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	24g	100g

## FROM YOUR BOX

MEDIUM POTATOES	3
CARROT	1
WHITE FISH FILLETS	1 packet
PANKO CRUMBS	1 packet (40g)
TOMATO	1
BABY COS LETTUCE	1
AIOLI	100g
BURGER BUNS	2-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar (of choice), apple cider vinegar, curry powder

## KEY UTENSILS

large frypan, oven tray

## NOTES

We set the oven to 250°C for extra crispy chips. If yours doesn't reach that high, you can set it to 220°C and leave the potatoes in for longer to cook.

**No gluten option - hamburger buns are replaced with GF buns. Panko crumbs are replaced with GF cornflakes.** Crush the cornflakes in the packet until they resemble a crumb. Prepare the fish as per step 3.



### 1. ROAST THE POTATO CHIPS

Set oven to 250°C (see notes).

Slice potatoes into rounds. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until golden and crispy.



### 2. PICKLE THE CARROT

Julienne or ribbon the carrot using a vegetable peeler. Add to a non-metallic bowl with **1 tbsp vinegar, 2 tsp sugar** and **2 tsp salt**. Toss to combine and set aside.



### 3. PREPARE THE FISH

Coat fish with **1 tsp curry powder, oil, salt and pepper**. Spread panko crumbs on a plate. Press fillets into crumbs to coat on all sides.



### 4. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Add fish and cook for 3–4 minutes each side or until cooked through.



### 5. PREPARE THE COMPONENTS

Slice tomato and shred lettuce. Combine aioli with **1–2 tsp curry powder**. Set aside.

Cut buns in half. Toast in oven for 2–3 minutes until warmed through.



### 6. FINISH AND SERVE

Assemble burgers with curry mayo, crumbed fish, pickled carrot and salad. Serve with potato chips.

**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**

