



Product Spotlight: Fennel

Fennel can be eaten raw or cooked. It's delicious shaved into fresh salads, braised in stews, or roasted.



Scandi Fish Burger with Pickled Fennel

Inspired by the flavours of Scandinavia, this burger features golden crumbed fish fillets, creamy tartare sauce, dill, shallot and crunchy pickled fennel.



30 minutes



4 servings



Fish

Save the pickle!

There may be some extra pickled fennel, depending on the size of the bulb! You can save it in a jar in the fridge topped up with pickling liquid. Enjoy with soft cheese or tossed through salads.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	34g	50g

FROM YOUR BOX

FENNEL	1
LEBANESE CUCUMBER	1
SHALLOT	1
DILL	1 packet
TARTARE SAUCE	2 x 100g
WHITE FISH FILLETS	2 packets
PANKO/SESAME SEED MIX	1 packet (70g)
HAMBURGER BUNS	4-pack

FROM YOUR PANTRY

oil for cooking, salt, fennel seeds, apple cider vinegar, sugar (of choice), cayenne pepper (optional)

KEY UTENSILS

large frypan

NOTES

You can use a mandolin or the slicer attachment on your food processor to slice the fennel. Cut the bulb in half first and remove the triangular core. Pick and save any fronds for garnish.

We used 1/8 tsp cayenne pepper on the fish for a moderate heat.

No gluten option - hamburger buns are replaced with GF burger buns. Panko/sesame seed mix is replaced with lupin crumb.



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1. PICKLE THE FENNEL

Finely slice fennel bulb (see notes). Add sliced fennel to a non metallic bowl. Toss with **1 tsp fennel seeds, 2 tsp sugar, 3 tbsp vinegar** and a pinch of **salt**. Set aside.



2. PREPARE THE FILLINGS

Ribbon cucumber using a vegetable peeler. Dice shallot and chop dill.

Combine tartare sauce with 1/2 chopped dill and 1/2 diced shallot.



3. PREPARE THE FISH

Rinse fish fillets and pat dry. Coat with a pinch of **cayenne pepper, oil** and **salt** (see notes). Press into panko/sesame seed mix until coated on all sides. Set aside.



4. TOAST THE BUNS

Heat a large frypan over medium-high heat. Cut buns in half and coat with **oil** (optional). Toast buns for 30 seconds each side until crunchy. Set aside and keep pan on heat.



5. COOK THE FISH

Add **oil** to pan. Cook fish for 3-4 minutes each side until golden and cooked through.



6. FINISH AND SERVE

Assemble burgers with fish fillets, pickled fennel, prepared fillings and tartare sauce.

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