



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.




Classic Crumbed Fish Burgers

with Tartare Sauce

Crispy and golden, panko-crusted fish fillets served in a warm bun with fresh salad fillings and a creamy tartare sauce.

 25 minutes

 2 servings

 Fish

9 June 2023

Add a side!

You can serve these burgers with potato wedges or roast Dutch carrots if you feel like a larger serve!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	30g	32g	48g

FROM YOUR BOX

WHITE FISH FILLETS	1 packet
PANKO CRUMBS	1 packet (50g)
COLESLAW *	1 bag
TARTARE SAUCE	100g
TOMATO	1
LEBANESE CUCUMBER	1
HAMBURGER BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, lemon pepper

KEY UTENSILS

large frypan, frypan or griddle pan

NOTES

* Due to availability, coleslaw replaces baby cos lettuce.

You can cut the fish fillets into smaller pieces if preferred.

No gluten option - hamburger buns are replaced with GF burger buns. Panko crumbs are replaced with lupin crumbs.



1. PREPARE THE FISH

Coat fish with **1/2 tsp paprika, 1/2 tsp lemon pepper, oil, salt and pepper**. Press into panko crumbs until coated on all sides.



2. COOK THE FISH

Heat a frypan over medium-high heat with **oil**. Cook fish for 3-4 minutes each side until golden and cooked through.



3. PREPARE THE FILLINGS

Toss coleslaw with tartare sauce until combined (see notes). Slice tomato and cucumber.



4. WARM THE BUNS (OPTIONAL)

Heat a second frypan or griddle pan over medium-high heat. Cut buns in half and toast for 1 minute each side.



5. FINISH AND SERVE

Assemble burgers with even amounts of fillings and crumbed fish (see notes).



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