



CRUMBED FISH BURGER

with Herb Mayo & Hand-Cut Kumara Wedges



Make a fish burger



Kumara



Tomato



Cos Lettuce



White Fish Fillets



Panko Breadcrumbs



Burger Bun



Dill & Parsley Mayonnaise

Hands-on: 20 mins
Ready in: 30 mins

Eat me first

You'll impress even yourself when you whip up this classic crumbed fish burger, complete with kumara wedges and a delightfully creamy dill & parsley mayo slathered over a soft brioche-style bun. One bite of this delish dish will have you transported to the sunny seaside, seagulls and all!

Pantry Staples: Olive Oil, Plain Flour, Egg, White Wine Vinegar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



1 BAKE THE KUMARA WEDGES

Preheat the oven to **240°C/220°C** fan-forced. Cut the **kumara** (unpeeled) into 1cm wedges. **TIP:** Cut the kumara to the correct size so it cooks in the allocated time. Place the kumara on an oven tray lined with baking paper, drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer and bake until golden, **20-25 minutes**.



2 PREP THE VEG

While the kumara is baking, thinly slice the **tomato** into rounds. Shred the **cos lettuce**, reserving a few whole leaves for the burgers.



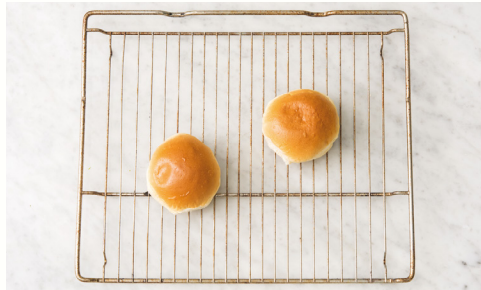
3 CRUMB THE FISH

In a shallow bowl, combine the **plain flour**, **salt** and a **good pinch of pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs** (see ingredients list). Dip the **white fish fillets** into the flour mixture, followed by the egg, and finally in the panko breadcrumbs. Set aside on a plate.



4 COOK THE FISH

When the wedges have **10 minutes** cook time remaining, heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. When the oil is hot, add the **crumbed fish fillets** and cook until golden and just cooked through, **2-3 minutes** each side (depending on thickness). **TIP:** Add extra oil if needed so the fish does not stick. Transfer to a plate lined with paper towel. **TIP:** The fish is cooked through when it turns from translucent to white.



5 BAKE THE BURGER BUNS

While the fish is cooking, place the **burger buns** directly onto the wire racks and bake until heated through, **3 minutes**. In a medium bowl, combine the **white wine vinegar** and **olive oil** (**1 tbs for 2 people/ 2 tbs for 4 people**). Season with **salt** and **pepper**, then add the shredded **cos lettuce** and toss to coat.



6 SERVE UP

Slice the burger buns in half. Build your burgers by spreading the bun base with some of the **dill & parsley mayonnaise**. Add a helping of the cos lettuce leaves and top with a crumbed fish fillet and the sliced tomato. Serve with the hand-cut kumara wedges and dressed cos lettuce.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
tomato	1	2
cos lettuce	1 head	2 heads
plain flour*	1 tbs	2 tbs
salt*	½ tsp	1 tsp
egg*	1	2
panko breadcrumbs	½ packet	1 packet
white fish fillets	1 packet	1 packet
burger bun	2	4
white wine vinegar*	1 tsp	2 tsp
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3290kJ (787Cal)	593kJ (142Cal)
Protein (g)	44.9g	8.1g
Fat, total (g)	33.7g	6.1g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	71.2g	12.8g
- sugars (g)	12.8g	2.3g
Sodium (g)	1810mg	326mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

ENJOY!

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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