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Fish Burgers

with Hand-Cut Chips, Aioli and Salad



20-30min



4 Portions

Hit two birds with one stone when one kid wants burgers and the other wants fish and chips. Our burgers are made up of a garlicky aioli, crispy pan-fried fish, refreshing baby cos lettuce and sweet roasted carrot, and we've served it all up with some oven-roasted chips. They'll never want take-away again!

What we send

- carrot
- aioli ^{3,7}
- burger bun ^{1,7}
- hake ⁴
- panko breadcrumbs ¹
- baby cos lettuce
- potatoes

What you'll require

- egg ³
- olive oil
- plain flour ¹
- salt

Utensils

- baking paper
- large frypan
- paper towel
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If your kids prefer their carrots raw, don't roast them and serve them separately with their burgers.

Allergens

Gluten (1), Egg (3), Fish (4), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 735.0kcal, Fat 25.1g, Proteins 42.3g, Carbs 80.8g



1. Prepare chips

Preheat oven to 200C. Line an oven tray with baking paper. Wash the **potatoes** and cut into 1cm-wide chips.



2. Bake chips

Place **chips** on tray, drizzle with 1 tbs **oil**, sprinkle with 1 tsp **salt** and toss to combine. Arrange in a single layer and bake for 25-30 mins, turning halfway through, until light golden.



3. Prepare vegetables

Meanwhile, coarsely tear the **lettuce** leaves. Cut **carrots** into batons (see cooking tip). Place on same tray as **chips** after they have been cooking for 15 mins.



4. Prepare fish

Place ¼ cup **flour** and ½ tsp **salt** on a plate. Beat 1 **egg** in a shallow bowl. Place **breadcrumbs** on a plate. Cut **fish** into 4 equal portions. Dust each piece lightly in flour. Dip in the egg wash and then breadcrumbs.



5. Cook fish

Heat 2 tbs **oil** in a large frypan over medium heat. Cook **fish** for 2-3 mins each side until cooked through and light golden. Drain on paper towel.



6. Get ready to serve

Meanwhile, cut each **burger bun** in half horizontally and place on an oven tray. Place in the oven for 3-4 mins to warm through. Top bases with a few pieces of **lettuce**. Top with a piece of **fish**, **roasted carrot**, **aioli** and **bread tops**. Serve with the **chips**.