

---

## **Panko Fish Burgers**

with Shoestring Fries and Crunchy Slaw



20-30min



4 Portions

Move over fillet o' fish. These irresistible burgers star crunchy, panko-coated fish and a creamy cabbage and zucchini slaw between two soft toasted milk buns. Serve with oven-baked homemade fries for a new family favourite.

## What we send

- milk bread bun <sup>1,3,6,7</sup>
- potatoes
- white fish fillet <sup>4</sup>
- breadcrumbs <sup>1</sup>
- red cabbage
- aioli mayonnaise <sup>3</sup>
- zucchini

## What you'll require

- egg <sup>3</sup>
- milk <sup>7</sup>
- olive oil
- plain flour <sup>1</sup>
- sea salt and pepper
- white vinegar

## Utensils

- baking paper
- large frypan
- mandoline (optional)
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Egg (3), Fish (4), Soy (6), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 1015kcal, Fat 50.5g, Carbs 91.6g, Proteins 42.8g



**1. Bake fries**

Preheat oven to 200C. Line an oven tray with baking paper. Peel and cut the **potatoes** into 3mm slices with a mandoline or sharp knife, then cut lengthwise into thin fries. Put on the lined tray, drizzle with **1 tbs olive oil**, season with **salt** and toss to combine. Bake in the middle shelf of the oven for 18-20 mins until golden and cooked through.



**2. Prepare ingredients**

Meanwhile, cut the **buns** in half. Coarsely shred the **cabbage**. Coarsely grate the **zucchini**. Put the cabbage, zucchini and **1 1/2 tbs white wine vinegar** in a bowl and stir to combine.



**3. Make coleslaw**

Add the **aioli** to the cabbage mixture. Season with **salt and pepper** and stir well to combine.



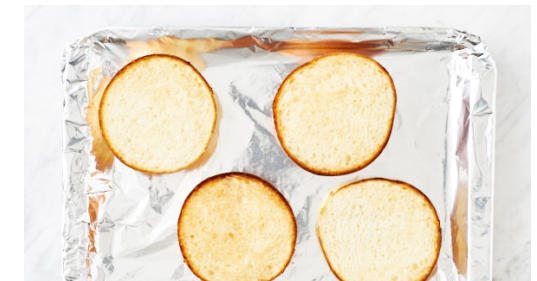
**4. Crumb fish**

Put **35g (1/4 cup) flour** in a shallow bowl and season with **salt and pepper**. Whisk **2 eggs** and **60ml (1/4 cup) milk** in a separate shallow bowl. Put the **breadcrumbs** in a third shallow bowl. Cut the **fish** into 8 equal portions. Dust the fish in the flour, shaking off the excess, then dip in the egg and coat in the breadcrumbs.



**5. Cook fish burgers**

Heat **2 tbs olive oil** in a large frypan over medium heat. Cook the fish for 2-3 mins each side or until golden and cooked through, adding a little extra oil when turning, if necessary. Once the fries are baked, remove from the oven, then change the oven to grill and heat to high.



**6. Get ready to serve**

Toast the **buns** under the grill for 1-2 mins each side until lightly golden. Top each **bun base** with **coleslaw** and **2 pieces of fish**. Sandwich with the **bun lids** and serve with the **fries** and any **remaining coleslaw**.