

Fish Finger Ciabatta Sandwich

with Tartare Sauce, Chives and Iceberg Lettuce

25-30 Minutes · 1 of your 5 a day







Breadcrumbs





Chives





Mayonnaise



Ciabatta



Iceberg Lettuce



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kitchen paper, bowl, whisk, baking paper, baking tray and fine

Incredients

Ingredients	Quantity	
Basa Fillets** 4)	2	
Breadcrumbs 13)	50g	
Lemon**	1	
Chives**	1 bunch	
Capers	15g	
Mayonnaise 8) 9)	96g	
Ciabatta 13)	2	
Iceberg Lettuce**	1/2	

Pantry	Quantity
Egg for Binding*	1
Salt for the Breadcrumbs*	1/4 tsp

^{*}Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	422g	100g
Energy (kJ/kcal)	2641 /631	626/150
Fat (g)	18.0	4.3
Sat. Fat (g)	2.1	0.5
Carbohydrate (g)	70.4	16.7
Sugars (g)	4.9	1.2
Protein (g)	32.2	7.6
Salt (g)	4.00	0.95

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 8) Egg 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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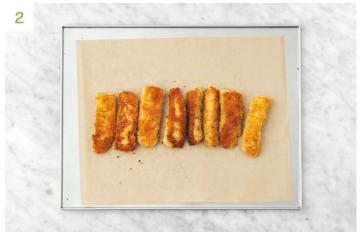
The Fresh Farm

Packed in the UK 60 Worship St, London EC2A 2EZ Ç, FSC



Prep the Fish Fingers

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- b) Pat the basa with kitchen paper to remove any excess moisture. Slice each basa fillet lengthways into 2cm wide strips and season with salt and pepper.
- c) Crack the egg (see pantry for amount) into a medium bowl and whisk. Put the **breadcrumbs** into another bowl, then season with **salt** (see pantry for amount) and **pepper**.
- d) Dip each piece of fish into the egg, then into the breadcrumbs, ensuring they're completely coated. Transfer to a lined baking tray.



Make the Tartare Sauce

- a) Drizzle the fish fingers with a little oil, then bake on the middle shelf until the fish is cooked, 15-18 mins. IMPORTANT: Wash your hands and equipment after handling raw fish. It's cooked when opaque in the centre.
- b) While the fish bakes, zest and quarter the lemon. Finely chop the chives (use scissors if easier). Finely chop the capers.
- c) In a small bowl, combine a pinch of lemon zest, the capers, mayonnaise and the chives. Season with salt and pepper, then squeeze in lemon juice to taste. This is your tartare sauce!



Assemble and Serve

- a) Halve the ciabatta. When the fish has 2-3 mins remaining, pop the ciabatta in the oven to warm through, 2-3 mins.
- **b)** Meanwhile, trim the **lettuce** (see ingredients for amount), halve lengthways, then thinly slice. Combine in a medium bowl the **lettuce** and **half** the **tartare sauce**, then toss to coat.
- c) Spread the remaining tartare sauce over the base and lids of the toasted ciabatta.
- d) Lay the fish fingers over the bases of the ciabatta, then top with the dressed lettuce. Sandwich on the bun lids to finish.

Enjoy!

