



Fish Finger Ciabatta Sandwich

with Tartare Sauce, Chives and Iceberg Lettuce

Lunch 25-30 Minutes • 1 of your 5 a day

12A

Find all your unchilled Market items in bag A.



Basa Fillets



Breadcrumbs



Lemon



Chives



Capers



Mayonnaise



Ciabatta



Iceberg Lettuce

Pantry Items

Salt, Pepper, Egg, Oil

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 grater.

Ingredients

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**	½

Pantry	Quantity
Egg for Binding*	1
Salt for the Breadcrumbs*	¼ 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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1



2



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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!