

DINNERLY



Crispy Ranch Fish Sticks & Sweet Potato Fries

with Secret Sauce



45min



2 Servings

Fish sticks are as tasty as they are nostalgic, and if these don't make you feel some tupa' way, then we haven't done our job right. But to be clear, these aren't just any old fish sticks. They're fish sticks dredged and oven-fried in ranch seasoning. Need we say more? We've got you covered!

WHAT WE SEND

- 2 (1 oz) panko ¹
- 2 (¼ oz) ranch seasoning ⁷
- 10 oz pkg tilapia ⁴
- 2 sweet potatoes

WHAT YOU NEED

- all-purpose flour ¹
- neutral oil
- kosher salt & ground pepper
- 1 large egg ³
- ketchup
- mayonnaise ³

TOOLS

- rimmed baking sheet
- small skillet

ALLERGENS

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

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 770kcal, Fat 30g, Carbs 91g, Protein 41g



1. Bake fries

Preheat oven to 450°F with a rimmed baking sheet on a rack in the upper third.

Scrub **potatoes**; cut lengthwise into ¼-inch thick fries. Toss in a large bowl with **1 tablespoon flour** and **2 teaspoons oil**; season with **salt** and **pepper**. Carefully transfer to baking sheet; spread into a single layer. Roast on upper oven rack until tender and lightly browned, about 15 minutes.



4. Bake & serve

Push **fries** to one side of baking sheet; add **fish sticks** to open side. Bake until fish is cooked through and crispy, 4–5 minutes per side. Meanwhile, in a small bowl, combine **2 tablespoons each of mayo and ketchup**.

Sprinkle **ranch fish sticks** with **some of the remaining ranch seasoning**. Serve with **fries** alongside and **mayochup** for dipping. Enjoy!



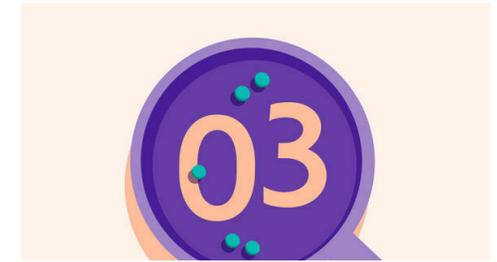
2. Toast breadcrumbs

While **fries** bake, in a small skillet, stir to combine **1 tablespoon oil** and **all of the panko**. Set over medium-high heat and cook, stirring, until golden and toasted, 2–3 minutes (watch closely as it can burn easily). Transfer to a shallow bowl and toss with **⅔ of the ranch seasoning**; set aside to cool.



5. ...

What were you expecting, more steps?



3. Bread fish sticks

In a small bowl, whisk **1 large egg** until smooth. Pat **fish** dry.

Cut each filet into 5 pieces (about 1x3-inches each). Sprinkle all over with **1 tablespoon flour, salt, and pepper**. Dip fish pieces in egg, letting excess drip back into bowl. Add to bowl with **toasted panko**, pressing to help adhere.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!