



Fish Fry & Brussels Sprouts Caesar Salad

with Spicy Tartar Sauce



30-40min



2 Servings

Crispy fried cod is often on our minds. And for a good reason, this iconic dish is the perfect balance of crispy, fried goodness and mild, flaky fish. We put our twist on the meal, serving it up with a homemade shaved Brussels sprout Caesar salad and zesty pickled jalapeño tartar sauce. No pub, no problem, this plate ticks all the boxes.

What we send

- 1 lemon
- 2 oz pickled jalapeños ¹⁷
- ½ lb Brussels sprouts
- ¾ oz Parmesan ⁷
- 2 oz mayonnaise ^{3,6}
- 1 pkt Dijon mustard ¹⁷
- 10 oz pkg cod filets ⁴
- 2 oz panko ¹

What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg ³
- ¼ c all-purpose flour ¹
- neutral oil
- garlic

Tools

- microplane or grater
- large skillet

Allergens

Wheat (1), Egg (3), Fish (4), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 940kcal, Fat 69g, Carbs 45g, Protein 41g



1. Prep ingredients

Squeeze **1 tablespoon juice** from half of the lemon into a small bowl, then cut remaining lemon half into wedges. Finely grate **1 large garlic clove**. Finely chop **1½ tablespoons pickled jalapeño**.

Trim **Brussels sprouts**, remove any outer leaves if necessary, then thinly slice crosswise into shreds. Finely grate **Parmesan**.



4. Prep fish & breading

Pat **fish** dry, pressing out any excess water if necessary, then cut each piece into 3-inch wide strips.

Beat **1 large egg** in a shallow bowl with **1 tablespoon water**. Fill a resealable plastic bag with **¼ cup flour** and season with **salt** and **pepper**. Add all of the fish to bag with flour, then seal and toss to coat.



2. Make salad

In a medium bowl, combine **1 tablespoon mayonnaise** (save rest for step 3), **2 teaspoons of the lemon juice**, **half of the grated garlic**, and a **pinch each of salt and pepper**. Whisk in **1½ tablespoons olive oil**.

Add **shredded Brussels sprouts** and **Parmesan** to bowl with dressing; toss to coat.



5. Bread fish

Remove **fish** from bag and tap to remove excess **flour**. Add fish to **egg** and turn to coat. Discard flour, then fill the same bag with **panko** and a **pinch each of salt and pepper**. Lift fish from egg, allowing excess to drip back into the bowl, then add fish to bag with panko. Seal bag and toss to coat. Transfer fish to a plate; press to help panko adhere.



3. Make tartar sauce

To small bowl with **remaining lemon juice**, add **1 teaspoon Dijon mustard**, **remaining mayonnaise** and **grated garlic**, and **all of the chopped jalapeños** (or less, depending on heat preference); stir to combine. Season to taste with **salt** and **pepper**.



6. Fry fish & serve

Heat **¼ cup neutral oil** in a large skillet over high. Once hot (a pinch of flour should sizzle vigorously when added to oil), add **fish** and cook, turning once or twice, until golden brown, crisp, and cooked through, 3-5 minutes. Transfer to a paper towel-lined plate; sprinkle with **salt**.

Serve **fish** and **Caesar salad** with **tartar sauce** and **lemon wedges** on the side. Enjoy!