

DINNERLY



Fried Fish Sandwich with Quick Aioli



30-40min



2 Servings

When we talk about all the great sandwiches of the world, the fried fish sandwich often doesn't get its due. Just picture it: crunchy panko breadcrumbs encasing a flakey tilapia center, smothered in a homemade garlic aioli and topped off with crisp lettuce leaves. Ready to dive in? We've got you covered!

WHAT WE SEND

- garlic
- 1 oz pkt mayonnaise ^{2,3}
- 1 head little gem lettuce
- 10 oz pkg tilapia ⁴
- ¼ oz pkt seafood seasoning
- 1 oz pkt panko ¹
- 2 potato buns ¹

WHAT YOU NEED

- kosher salt & ground pepper
- ¼ cup all-purpose flour ¹
- 1 large egg ²
- neutral oil

TOOLS

- box grater or microplane
- large skillet

ALLERGENS

Wheat (1), Egg (2), Soy (3), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 580kcal, Fat 25g, Carbs 49g, Protein 43g



1. Prep toppings

Finely grate ¼ **teaspoon garlic**. In a small bowl, stir together **grated garlic** and **mayo**. Season to taste with **salt** and **pepper**.

Pull apart **lettuce leaves**.



2. Prep tilapia

Pat **tilapia** dry. Season all over with **seafood seasoning**.

Place ¼ **cup flour** on a plate. Add **panko** to a shallow bowl. In a separate shallow bowl, beat 1 **large egg**, ¼ **teaspoon salt**, and **several grinds of pepper**.



3. Bread tilapia

Dredge **tilapia** in **flour**, coating well, then dip into **egg**, letting excess drip back into bowl. Press into **panko**, turning to coat well.



4. Fry tilapia

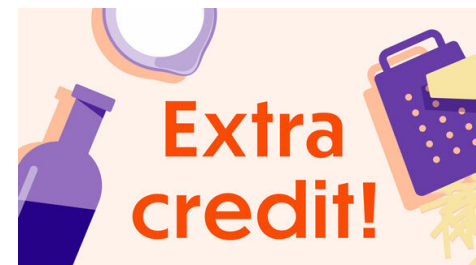
Heat ½-**inch oil** in a large skillet over medium-high. When **oil** is hot (it should sizzle vigorously by adding a pinch of flour), add **fish** and cook until golden and crisp all over, 2–3 minutes per side (lower heat if browning too quickly). Transfer to a paper towel-lined plate to drain. Sprinkle with **salt**.



5. Toast buns & serve

Split **buns** and toast in a toaster oven or place directly on top oven rack and broil until lightly golden-brown, 1–2 minutes.

Spread **garlic aioli** on **buns**, then sandwich **lettuce** and **fried fish** in between. Enjoy!



6. Add some fries

Make oven-roasted french fries to serve on the side! Cut potatoes into ½-inch thick strips, then toss with salt, pepper, and a drizzle of olive oil. Roast in the oven at 425°F, flipping halfway through cooking time, 25–30 minutes.