



## Fish Fry & Spicy Tartar Sauce

with Brussels Sprouts Caesar Salad



20-30min



2 Servings

Treat yourself to a dinner by the sea with a fish fry feast complete with crispy, panko-breaded pollock, creamy tartar sauce, and a Caesar salad on the side. We put our own twist on the meal by adding pickled jalapeños instead of capers to the tartar sauce, and using shredded Brussels sprouts instead of romaine for the Caesar. Cook, relax, and enjoy!



## What we send

- Brussels sprouts
- garlic
- Dijon mustard <sup>17</sup>
- lemon

## What you need

- 1 large egg <sup>3</sup>
- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper
- olive oil

## Tools

- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

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

### Nutrition per serving

Calories 930kcal, Fat 67g, Carbs 45g, Proteins 40g



### 1. Prep ingredients

Squeeze **1 tablespoon juice** from half of the lemon, then cut remaining half into wedges. Peel and finely grate **1 large garlic clove**. Finely chop **1½ tablespoons pickled jalapeño** (save rest for own use). Thinly shave **Parmesan** with a vegetable peeler.



### 4. Prep fish & breading

Pat **fish** dry, pressing out excess water if necessary, and cut into ½-inch 3-inch strips. Beat **1 large egg** in a shallow bowl with **1 tablespoon water**. Fill a sealable plastic bag with **¼ cup flour** and season with **salt** and **pepper**. Add **all of the fish** to bag with **flour**, seal and toss to coat.



### 2. Make salad

In a medium bowl, combine **1 tablespoon mayonnaise**, **2 teaspoons of the lemon juice**, **half of the garlic**, and **a pinch each salt and pepper**. Whisk in **1½ tablespoons olive oil**. Holding **Brussels sprouts** at stem end, thinly slice crosswise, stopping when you reach the stem, discarding stem. Add **shredded sprouts** to **dressing**; toss to coat. Add **Parmesan** and toss.



### 5. Bread fish

Remove **fish** from bag and pat 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 salt and pepper**. Lift fish from egg, allowing excess to drip back into the bowl; add fish to **panko**. Seal bag and toss to coat. Transfer fish to a plate; press to help panko adhere.



### 3. Make tartar sauce

In a small bowl, combine **Dijon**, **remaining mayonnaise**, **remaining lemon juice**, **remaining grated garlic**, and **all of the chopped jalapeños** (or less depending on heat preference). 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 when added to oil), add **fish**; cook, turning once or twice until golden brown and crisp, 3–5 minutes. Transfer to a paper towel-lined plate and sprinkle with **salt**. Serve **fish**, **Caesar salad**, and **tartar sauce** with **lemon wedges** alongside. Enjoy!