



## Fish Fry & Brussels Sprouts Caesar Salad:

Gastropub at Home



30-40min



2 Servings

When we think of pub fare, crispy fried cod is one of the first things that comes to mind. 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
- garlic
- 2 oz pickled jalapeños <sup>12</sup>
- 2 oz mayonnaise <sup>3,6</sup>
- ½ lb Brussels sprouts
- ¾ oz piece Parmesan <sup>7</sup>
- 1 pkt Dijon mustard (use 1 tsp) <sup>17</sup>
- 10 oz cod fillets <sup>4</sup>
- 2 oz panko <sup>1,6</sup>

## What you need

- olive oil + ¼ c neutral oil
- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- ¼ c all-purpose flour <sup>1</sup>

## 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), Fish (4), Soy (6), Milk (7), Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 870kcal, Fat 61g, Carbs 47g, Proteins 42g



### 1. Prep ingredients

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



### 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 of 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 Brussels sprouts and **Parmesan** to dressing, and toss to coat.



### 3. Make tartar sauce

To the small bowl with **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**.



### 4. Prep fish & breading

Pat **fish** dry, pressing out excess water if necessary, and cut into 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.



### 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; add fish to **panko**. Seal bag and toss to coat. Transfer fish to a plate; press to help panko adhere.



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

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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