



Pan-Fried Fish Sandwich

with Roasted Sweet Potatoes and DIY Tartar Sauce

Fast and Fresh

30 Minutes



Sea Bass
280 g | 560 g



Sweet Potato
2 | 4



Cream Sauce
Spice Blend
1 tbsp | 2 tbsp



Dill Pickle, sliced
90 ml | 180 ml



Lemon
1 | 2



Dill
7 g | 14 g



Tomato
1 | 2



Mayonnaise
4 tbsp | 8 tbsp



Sour Cream
1 | 2



Garlic Powder
½ tsp | 1 tsp



Garlic Spread
2 tbsp | 4 tbsp



Artisan Bun
2 | 4



Spring Mix
28 g | 56 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **Cream Sauce Spice Blend** and **pepper**, then toss coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

2



Prep

- Meanwhile, strain **pickles** and pat dry with paper towels. Finely chop.
- Zest the **lemon**. Juice **half the lemon**. Cut **remaining lemon** into wedges.
- Finely chop **dill**.
- Thinly slice **tomato**.
- Add **mayo, sour cream, 2 tsp (4 tsp) dill, pickles, lemon zest, ½ tsp (1 tsp) garlic powder** and **1 tsp (2 tsp) lemon juice** in a small bowl. Season with **salt and pepper**, then stir to combine. Set aside. (**NOTE:** This is your tartar sauce.)

3



Cook fish

- Pat **sea bass** dry with paper towels. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add **half the Garlic Spread**, then **sea bass**, skin-side down. (**NOTE:** For 4 ppl, cook sea bass in two batches, using half the Garlic Spread per batch.) Cook until **skin** is crispy, 4-5 min. Flip and cook until **sea bass** is opaque and cooked through, 2-3 min.**
- Transfer to a plate, skin-side up.

4



Toast buns

- Meanwhile, halve **buns**, then spread **remaining Garlic Spread** on the cut sides.
- Arrange on an unlined baking sheet, cut-side up.
- Bake in the **middle** of the oven until toasted, 3-5 min. (**TIP:** Keep an eye on buns so they don't burn!)

5



Assemble sandwiches

- Carefully remove and discard fish skin, if desired.
- Using a spatula, cut **each piece of fish** in half crosswise.
- Dollop **half the tartar sauce** over **buns**.
- Stack **tomatoes, fish** and **spring mix** on **bottom buns**. Squeeze a **lemon wedge** over top, if desired. Close with **top buns**.

6



Finish and serve

- Divide **fish sandwiches** and **sweet potatoes** between plates.
- Sprinkle any **remaining dill** on **sweet potatoes**, if desired.
- Serve **remaining tartar sauce** alongside for dipping.

** Cook to a minimum internal temperature of 70°C/158°F, as size may vary.