



Breaded Hake Burgers with Sweet Potato Wedges

A tasty burger loaded with lean protein, this is a great way to shake things up with fish! Keep the recipe and try it out with some different flavour combos like katsu, sweet and spicy - the possibilities are endless! Hake is a great source of lean protein, great for keeping satisfied without feeling too full!

Ingredients

- Hake Fillet
- Tartare Sauce
- Breadcrumbs
- Burger Bun
- Plain flour
- Potatoes
- Egg
- Little Gem Lettuce
- Pointed Peppers

Your Pantry

- Olive oil
- Salt
- Pepper

Nutritional Info

Calories: 490kcal
Carbohydrates: 74.3g
Protein: 33.3g
Fat: 7.5g

Allergens

[Wheat \(Breadcrumbs, Burger buns, Flour\)](#)
[Egg \(Egg, Tartare Sauce\)](#)
[Fish \(Hake\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) **Preheat the oven to 200°C**

2) **Make the potato wedges**

Cut the potatoes into slim wedges. Place them on a baking tray. Drizzle with oil and season with salt and pepper. Place them in the oven for 25-30 min or until cooked through and beginning to crisp. While the potatoes are cooking....

3) **Prepare the vegetables**

Remove a leaf or two per person from the baby gem to use in the burger later. Chop the remaining lettuce into thin slices. Cut the pepper in half and remove the core. Slice thinly and combine with the shredded lettuce.

4) **Prepare the fish**

Arrange the flour on a plate with some salt and pepper. In a separate bowl, beat the egg. On a third plate arrange the breadcrumbs. Coat the fish in flour, then dip in egg and, finally, coat in breadcrumbs.

5) **Cook the fish**

Heat a drizzle of oil in a frying pan on a medium-high heat. Once hot, lay the fish fingers into the pan and cook for 3-4 mins each side until golden and cooked through (make sure to add another drizzle of oil if adding more fish/if the pan looks too dry).

6) **Plate the dish**

Toast the buns in the toaster or under the grill. Spread some tartare sauce on the burger buns then lay down the pieces of fish and little gem lettuce leaf. Serve alongside the potato wedges and side salad.



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