



PANKO-CRUSTED SNAPPER WITH ROSEMARY POTATOES, CABBAGE SLAW, AND TARTAR SAUCE

FAST. EASY. FRESH.

1. Preheat your oven to 450°F. Remove the stem from the **rosemary** and chop it finely. Cut the **potatoes** in quarters, toss in a bowl with 1 Tbsp. **olive oil**, rosemary, and ½ tsp. **sea salt**. Spread onto a parchment lined baking sheet and roast in the oven for 15-18 minutes. Remove from the oven and set aside.

2. Meanwhile, make your slaw. In a small bowl, add your **coleslaw mix**. Core and slice the **apple** and add it to the bowl. Next make your dressing: Whisk the **Dressing Mix** (**honey**, **Dijon mustard**, **mayonnaise**, and **apple cider vinegar**), and season with **salt** and **pepper** to taste. Toss to mix with the slaw, then set aside (preferably in the fridge).

3. Next, add the panko crust to your fish. Set up three dishes. On a plate, combine the **flour** with 1 tsp. **sea salt**; in a bowl, whisk the **eggs** and the rest of the **lemon juice**; and on a plate, pour the **panko**.

4. Dip your **snapper fillets** first into the **flour**, then the **egg**, and finally the **panko**. Repeat with just the egg then panko. Do this with each fillet.

5. In a pan, heat 3 Tbsp. **olive oil**. Add the breaded snapper and cook until golden brown on medium heat (2-3 minutes) before flipping them over and repeating the same on the other side. When cooked, remove the fish from the pan and dab on a paper towel to remove any excess oil before serving.

6. To serve, scoop the rosemary potatoes onto plates, dish out the coleslaw, add the panko-crusted snapper, and serve alongside a ramekin of the tartar sauce. Enjoy!

Ingredients (2 Person Serving – 984 Calories Per Serving)

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|-----------------|------------|---------------------|----------|
| Olive Oil | 4 Tbsp. | Mayonnaise | 1 Tbsp. |
| Nugget Potatoes | 400 g | Apple Cider Vinegar | 1 Tbsp. |
| Fresh Rosemary | Few Sprigs | Tartar Sauce | ½ Cup |
| Apple | 1 | Snapper Fillets | 275 g |
| Coleslaw Mix | 150 g | All-Purpose Flour | 2 Tbsp. |
| Honey | 2 tsp. | Large Eggs | 2 |
| Dijon Mustard | 1 tsp. | Lemon Juice | ½ Tbsp. |
| | | Panko | 1 Cup |
| | | Salt and Pepper | To Taste |



40 Minute Cook Time!