

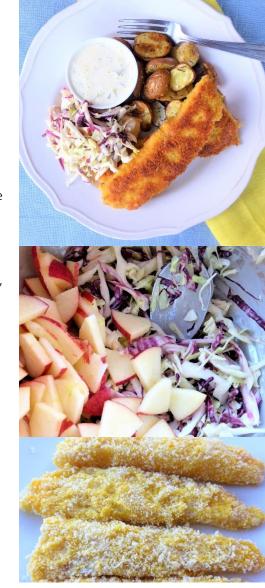
PANKO-CRUSTED SNAPPER WITH ROSEMARY POTATOES, CABBAGE SLAW, AND TARTAR SAUCE

FAST. EASY. FRESH.

- The 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)

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

Minute Cook Time!