



ULTIMATE FISH BURGERS

WITH MIXED VEGGIE FRIES

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 45 minutes

You can't beat a good burger on a Friday night! The key ingredients that make this burger taste like the real deal are plenty of aioli sauce and crisp, crunchy lettuce!



VEGGIE FRIES

- 2 large carrots
- 1 large red kumara (sweet potato)
- 2 medium potatoes
- 1/2 Tbsp olive oil
- 1/2 tsp garlic powder

BURGERS

- 4-6 frozen fish portions, i.e. tempura battered (450g / 1lb)

- 2 tomatoes
- 1 red onion
- 8 iceberg lettuce leaves
- 1/3 cup plain, unsweetened yoghurt (80ml)
- 2 Tbsp aioli
- 1 Tbsp lemon juice
- 4 burger buns
- 4-8 slices of cheddar cheese
- 1/4 cup tomato relish
- Wedges of fresh lemon, to serve

1. Preheat oven to 220°C (430°F) bake and line two oven trays with baking paper.
2. **PREPARE VEGGIE FRIES AND FISH**
Peel carrots, kumara and potatoes (or you can leave the skin on). Slice into fry-sized sticks and place on one of the oven trays. Drizzle with oil, sprinkle over garlic powder and season with salt and pepper. Using your hands, toss to combine.
3. Bake for 10 minutes, then place fish portions on the other tray, put into the oven and cook for a further 20 minutes. Turn halfway through cooking.
4. **PREPARE BURGERS**
While fries and fish are cooking, prepare burger fillings. Thinly slice tomatoes and red onion. Wash lettuce and pat dry with paper towels. Whisk together yoghurt, aioli and lemon juice. Season with a little salt and pepper.
5. **ASSEMBLE BURGERS**
Cut burger buns in half horizontally (if not already). Place cheese on the bottom halves. When fries and fish only have a few minutes left to cook, place burger buns in the oven cut side up (wherever you can fit them on the oven trays), until slightly toasted and cheese has melted.
6. Spread relish on top of the cheese, then top with 1-2 fish portions. Add tomato, onion and lettuce. Spread the top of the bun generously with aioli sauce before sandwiching the burger together.
7. **SERVE**
Serve burgers with veggie fries, extra aioli sauce and wedges of lemon.



WINE MATCH: Go for a Sauvignon Blanc or a beer - Pilsner is a good match.

ULTIMATE FISH BURGER RECIPE NOTES

GLUTEN FREE OPTION: Make sure you use gluten free fish portions. Use gluten free burger buns.

BURGER INGREDIENTS: Choose your favourite burger buns. I love ones with sesame seeds on top! A brioche bun would be a good option too. I've said 4-6 fish portions - the number of portions you need will depend on the size of the bun and your appetite! You can use fresh white fish if you prefer.

LIGHTEN IT UP: If you find the full burger bun too much together with the veggie fries, you could use only half the bun and eat the meal as a fish burger stack.

STORING AND REHEATING: Package the bun, salad and sauces separately. Keep the fish and the fries together and reheat in the microwave. Assemble the burger just before eating.