



UCOOK

Seared Fish Burger

with homemade crispy onion rings & a dill mayo

With this impressive and flavoursome white fish burger, you'll be hooked from the first bite. It's essentially the classic seafood meal reimagined as a burger. A toasted bun is smeared with dill mayo, then stacked with fresh green leaves, slices of gherkin & flaky, fried white fish. Don't forget the golden, crispy onion rings!

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

Adventurous Foodie

KWV - The Mentors | KWV The Mentors
Chenin Blanc 2021

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Ingredients & Prep

40ml	Mayo
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
60ml	Self-raising Flour
1	Onion <i>slice into rings</i>
1	Burger Bun
1	Line-caught White Fish Fillet
40g	Green Leaves <i>rinse & roughly shred</i>
20g	Piquanté Peppers <i>drain</i>
25g	Gherkins <i>drain & slice lengthways</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s
Butter

1. GOOD. BETTER. BATTER. In a small bowl, combine the mayo, ½ the chopped dill, seasoning, and a splash of water. Set aside. In a bowl, whisk 1 egg with a splash of water. In another bowl, combine the flour and seasoning.

2. GOLDEN RINGS Place a pot or pan over medium-high heat with enough oil to cover the base. Coat the onion rings in the egg mixture first, and then in the seasoned flour. When the oil is hot, carefully lower the floured onion slices into the oil. Fry until golden brown, 2-4 minutes (shifting halfway). Drain on paper towel.

3. BUTTER UP THE BUN Halve the burger bun, and spread butter (optional) or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun cut-side down until golden, 1-2 minutes.

4. FRY, FLIP & FRY THE FISH Return the pan to medium heat with a drizzle of oil. Pat the fish dry with paper towel. When hot, fry the fish until golden, 3-4 minutes per side. In the final minute, baste with a knob of butter. Remove from the pan and season.

5. ADD THE FRESHNESS In a salad bowl, combine ½ the shredded leaves, the drained peppers, the remaining dill, a drizzle of olive oil, and seasoning.

6. DIVE INTO DINNER! Smear ½ the dill mayo on the toasted burger bun. Top with the remaining leaves, the sliced gherkin, and the crispy fish. Side with the crispy onion rings and the dressed salad. Serve with the remaining dill mayo for dunking.

Nutritional Information

Per 100g

Energy	653kJ
Energy	156kcal
Protein	8.9g
Carbs	17g
of which sugars	3.6g
Fibre	1.1g
Fat	5.7g
of which saturated	0.7g
Sodium	121mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy, Cow's Milk

Eat
Within
1 Day