



# 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!

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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Adventurous Foodie

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KWV - The Mentors | KWV The Mentors  
Chenin Blanc 2021

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## Ingredients & Prep

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125ml	Mayo
8g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
180ml	Self-raising Flour
2	Onions <i>slice into rings</i>
3	Burger Buns
3	Line-caught White Fish Fillets
120g	Green Leaves <i>rinse &amp; roughly shred</i>
60g	Piquanté Peppers <i>drain</i>
75g	Gherkins <i>drain &amp; slice lengthways</i>

## From Your Kitchen

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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 2 eggs 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). You may need to do this step in batches. Drain on paper towel.

**3. BUTTER UP THE BUN** Halve the burger buns, and spread butter (optional) or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns 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 buns. 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

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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

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## Allergens

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

Eat  
Within  
1 Day