

PERFECT PANKO CRUMBED TARAKIHI



Serves 4



Prep Time 15 minutes



Cook Time 5-7 minutes



INGREDIENTS

- 4 tarakihi fillets (100g approx)
- ¼ cup flour, seasoned with salt and pepper
- 1 egg
- 1 - 1 ½ cups Fogdog Premium Panko Breadcrumbs
- 20 g butter
- 1 Tbsp oil

METHOD

1. Pat the tarakihi fillets dry with paper towels. Put the seasoned flour onto a plate. Break the egg onto a dinner sized plate and beat it with 1 tablespoon of water. Place the Fogdog Premium Panko Breadcrumbs onto another plate.
2. Coat one tarakihi fillet in the seasoned flour, and then dip in the beaten egg. Finally coat the fish in the panko crumbs and place on a clean plate. Repeat with

To Serve:

- 295 ml **HEINZ [SERIOUSLY] GOOD™ Tartare Sauce**
- 700 g bag **Wattie's Crunchy Tempura Wedges,**

remaining tarakihi. Place in the refrigerator for 10 minutes before cooking.

3. Heat the butter and oil in a frying pan over moderate heat. Place the fish in the pan and cook for 5-7 minutes, turning once during cooking, until crumbs are golden and fish is cooked.
4. Serve with **HEINZ [SERIOUSLY] GOOD™ Tartare Sauce** accompanied with **Wattie's Crunchy Tempura Wedges,** peas or a green salad.

TIPS

Fogdog Premium Panko Crumbs are conveniently located on the fish bar at all Countdown and selected Pak n Save and New World stores.