

Crispy Cod Sandwiches

with Tartar Sauce & Iceberg Wedge Salad

In the mid-20th Century, America fell in love with a salad that was both elegant and incredibly easy to prepare: the wedge. It features large wedges of iceberg lettuce, whose broad, sturdy, deliciously crisp leaves create a perfect base for varied toppings. We're using juicy cherry tomatoes, oniony chives and a drizzle of peppery vinaigrette. It's the ultimate refreshing side for sandwiches of panko-breaded, pan-fried cod and creamy tartar sauce (a mayo-based condiment traditionally served with fish).



Ingredients

- 4 Cod Fillets
- 4 Potato Buns
- 1 Cup Panko Breadcrumbs
- 4 Ounces Cherry Tomatoes
- 1 Head Iceberg Lettuce
- 1 Large Bunch Chives

Knick Knacks

- 2 Tablespoons Champagne Vinegar
- 2 Tablespoons Capers
- 1 Shallot
- 1/3 Cup Mayonnaise
- 1/4 Cup Dijon Mustard
- 2 Tablespoons Crispy Cod Sandwich Spice Blend
(All-Purpose Flour, Italian Seasoning, Garlic Powder & Smoked Sweet Paprika)

Makes 4 Servings

About 525 Calories Per Serving

Prep Time: 10 min | Cook Time: 15 to 25 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Halve the buns. Roughly chop the capers. Cut the chives into ¼-inch pieces. Remove and discard the outer layer of the lettuce head. Quarter the lettuce head, keeping each wedge intact; remove and discard the core. Separate 4 large leaves from the wedges. Quarter the tomatoes. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a bowl with the **vinegar**.

2



Bread the cod:

In a medium bowl, combine **half the mustard** and **2 tablespoons of water**; season with salt and pepper to taste. Place the **spice blend** and **breadcrumbs** in 2 separate medium bowls; season each with salt and pepper. Pat the **cod fillets** dry with paper towels; season with salt and pepper on both sides. Working 1 at a time, thoroughly coat the seasoned fillets in the spice blend (shaking off any excess), then dip in the **mustard-water mixture** (letting the excess drip off), then coat in the breadcrumbs (pressing to adhere). Place the breaded fillets on a plate.

3



Cook the cod:

In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Add the **breaded cod fillets**. Cook 3 to 4 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Carefully discard the oil and wipe out the pan.

4



Make the tartar sauce:

While the cod cooks, in a bowl, combine the **capers**, **mayonnaise**, **half the chives**, **half the shallot-vinegar mixture** and **half the remaining mustard**. Stir to thoroughly combine; season with salt and pepper to taste.

5



Make the vinaigrette & salad:

While the cod continues to cook, stir the **remaining mustard** into the **remaining shallot-vinegar mixture**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined. Place the **lettuce wedges** on a serving dish, cut sides up; season with salt and pepper. Top with the **tomatoes** and **remaining chives**. Drizzle with as much of the **vinaigrette** as you'd like (you may have extra); season with salt and pepper.

6



Finish & serve your dish:

In the pan used to cook the cod, heat 2 teaspoons of olive oil on medium-high until hot. Add the **buns**, cut sides down. Toast 1 to 2 minutes, or until golden brown. Transfer to a clean, dry work surface. Place a **lettuce leaf** and a **cooked cod fillet** on each toasted bun bottom. Top with a **spoonful of the tartar sauce** and a toasted bun top. Transfer to a serving dish. Serve with the **salad** and **remaining tartar sauce** on the side. Enjoy!