

Crispy Fish Sandwiches

with Tartar Sauce & Roasted Sweet Potato Wedges

TIME: 35-45 minutes

SERVINGS: 4

These sandwiches highlight wild Alaskan pollock—flavored with aromatic seasonings, coated with panko breadcrumbs, and pan-fried for a golden-brown crust. In classic fashion, a tangy, mayo-based tartar sauce perfectly balances the fish.



MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



Ingredients



21 oz
WILD ALASKAN
POLLOCK FILLETS



3
SWEET POTATOES



1 1/4 cups
PANKO
BREADCRUMBS



2
CAGE-FREE
FARM EGGS



2 Tbsps
SWEET PICKLE
RELISH



1
ROMAINE
LETTUCE HEART



4
HOAGIE ROLLS



1/4 cup
MAYONNAISE



1/4 cup
CREAMY MUSTARD
SAUCE



1 Tbsp
WEEKNIGHT
HERO SPICE
BLEND*

* Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley



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1 Prepare & roast the sweet potatoes:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the **sweet potatoes** lengthwise into 1-inch-wide wedges. Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer, skin side down.
- ☐ Roast 27 to 29 minutes, or until browned and tender when pierced with a fork. Reserving the sheet pan, transfer to a plate and set aside in a warm place.

2 Prepare the remaining ingredients & make the sauce:

- ☐ While the sweet potatoes roast, cut off and discard the root end of the **lettuce**; thinly slice the leaves.
- ☐ Halve the **rolls**.
- ☐ In a bowl, combine the **mayonnaise**, **creamy mustard sauce**, and **sweet pickle relish**. Season with salt and pepper to taste.
- ☐ Pat the **fish fillets** dry with paper towels. Halve crosswise.

3 Bread the fish:

- ☐ While the sweet potatoes continue to roast, season the **halved fish fillets** on both sides with salt, pepper, and the **spice blend**.
- ☐ Crack the **eggs** into a bowl; season with salt and pepper. Beat until smooth.
- ☐ Place the **breadcrumbs** on a plate; season with salt and pepper.
- ☐ Working one piece at a time, thoroughly coat the seasoned fillets in the beaten eggs (letting any excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a separate plate.

4 Cook the fish:

- ☐ While the sweet potatoes continue to roast, in a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot.
- ☐ Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, working in batches if necessary, add the **breaded fish fillets**. Cook 2 to 3 minutes per side, or until browned and cooked through. (If the pan seems dry, add 1 teaspoon of olive oil before flipping.)
- ☐ Transfer to a paper towel-lined plate; immediately season with salt and pepper.

5 Toast the rolls:

- ☐ While the fish cooks, place the **rolls** on the same sheet pan, cut side up. Drizzle with olive oil.
- ☐ Toast in the oven 4 to 5 minutes, or until lightly browned. Transfer to a clean work surface.

6 Assemble the sandwiches & serve your dish:

- ☐ Divide the **sauce**, **cooked fish fillets**, and **sliced lettuce** among the **toasted rolls**.
- ☐ Serve the sandwiches with the **roasted sweet potatoes** on the side. Enjoy!