



SUMMER MENU ESSENTIAL #4

Home-made
breaded crispy
sustainable sourced fish
fingers in a multi seed
bloomer sandwich with
peppery rocket leaf
and tartare sauce

You will need

Sustainable sourced fish fillets, gherkins, capers, parsley
lemon, multi Seed Bloomer, rocket leaf salad and of course...

a bottle of Heinz Mayonnaise

Method

- 1 Trim the fish fillets in to fingers and pass them through the flour, egg and breadcrumbs and set aside
- 2 Add the gherkin, capers, parsley and juice of 1/2 a lemon into a blender along with the Heinz Mayonnaise and pulse
- 3 Fry the fish fingers until golden
- 4 Spread the Tartare Sauce on to the bread and top with rocket and fish fingers, add a squeeze of lemon and top with the remaining bread

IT HAS TO BE

HEINZ

FOODSERVICE