

Crispy Fish Sandwiches

with Tartar Sauce & Roasted Sweet Potato Wedges



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.

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21 oz Wild Alaskan Pollock Fillets

2 Cage-Free Farm Eggs

2 Tbsps Sweet Pickle Relish

1 Romaine Lettuce Heart

1 Tbsp Weeknight Hero Spice Blend (Garlic Powder, Onion Powder, Smoked Paprika, & Whole Dried Parsley)

1¼ cups Panko Breadcrumbs

¼ cup Creamy Mustard Sauce

tried-and-true

kitchen tools



Slotted Spatula

Master your flipping skills with this commercial-grade slotted turner. This spatula is designed for delicate fish, but we use this versatile tool for anything that requires a deft hand for tricky flipping, such as over-easy eggs, paper-thin crepes or even a burger. With its low-angled beveled edge and flexible blade, this turner slips easily between the pan and your dinner, ensuring even the most delicate meal remains in picture-perfect condition.

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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.



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.



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.



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!