Julia's Crumbed Flathead with Yoghurt Tartare and Cos Salad

Ingredients

Serves 4

- ☐ 400g Flathead fillets
- ☐ 2 eggs
- ☐ 1 tbsp full cream milk
- ☐ Plain flour, for dusting
- ☐ Panko, for crumbing
- ☐ Salt and pepper
- ☐ Neutral vegetable oil, for frying

Yoghurt Tartare

- ☐ 200 g natural full fat yoghurt
- ☐ 50 g Japanese mayonnaise
- ☐ 1 French shallot, finely chopped
- ☐ 10 cornichons, roughly chopped
- ☐ 2 tbsp salted capers, rinsed
- ☐ Handful each of dill fronds and chives, finely chopped
- ☐ Juice of half a lemon
- ☐ Salt and pepper, to taste

Salad

- ☐ 200 g natural full fat yoghurt
- ☐ 50 g Japanese mayonnaise
- ☐ 1 French shallot, finely chopped
- ☐ 10 cornichons, roughly chopped
- ☐ 2 tbsp salted capers, rinsed
- ☐ Handful each of dill fronds and chives, finely chopped
- ☐ Juice of half a lemon
- ☐ Salt and pepper, to taste

Method

First prepare the yoghurt tartare by combining all of the ingredients in a bowl. Season with salt and pepper. Cover and keep refrigerated until ready to use.

For the salad, arrange the lettuce, cucumbers, shallot, avocado, dill and chives in a large bowl. Set aside.

Whisk together the olive oil and lemon juice in a small bowl and season to taste. Set aside.

For the fish, season the fillets with salt and pepper and set aside. Whisk together the eggs with the milk in a small bowl. Transfer to a shallow dish or tray. Line another shallow dish or tray with some plain flour, and do the same with the panko. You should now have the fish, plus three trays ready for crumbing. Working with one fillet at a time, dust the fish in flour, shaking off excess, followed by the egg mix and finishing with the panko, patting the fish to ensure the breadcrumbs stick to the fish. Transfer to a plate and continue with the remaining fillets.

Heat ½ - 1 cm of oil in a large fry pan over a medium heat. Fry the fish until golden and cooked through, around 2 minutes on each side. Drain on a wire rack and season with salt.

Dress the salad with the dressing and serve the fish with the salad, yoghurt tartare and lemon wedges.

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