



CRUMBED FISH CUPS

Prep + cook time: 40 minutes **Serves:** 4

Ingredients

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| 1 small onion (80g), sliced thinly | 2 tablespoons lemon juice |
| $\frac{1}{3}$ cup (80ml) white balsamic vinegar | 80g (1 $\frac{1}{2}$ pounds) boneless white fish fillets (see tips) |
| 3 gem lettuces (450g), trimmed, leaves separated (see tips) | $\frac{2}{3}$ cup (100g) sesame seeds |
| 300g (9 $\frac{1}{2}$ ounces) red radish, trimmed, sliced thinly | $\frac{1}{3}$ cup (80ml) extra virgin olive oil |
| 1 baby fennel bulb (130g), trimmed, sliced thinly lengthways | $\frac{1}{2}$ cup (20g) loosely packed fresh watercress |
| | 200g (6 $\frac{1}{2}$ ounces) tzatziki (see tips) |

1. Place onion in a small heatproof glass or ceramic dish. Bring the vinegar to the boil in a small saucepan over medium heat; pour over onion and stir well. Cool.
2. Meanwhile, place lettuce leaves in a large bowl of iced water. Place the radish in a medium bowl of iced water. Stand for 5 minutes; drain. Dry lettuce and radish with paper towel.
3. Combine fennel and juice in a medium bowl.
4. Cut fish into 16 x 2cm ($\frac{3}{4}$ -inch) wide strips. Coat fish in sesame seeds; season. Heat half the oil in a large frying pan over medium heat; cook half the fish for 5 minutes or until browned all over and just cooked through. Drain on paper towel; cover to keep warm. Repeat with remaining oil and fish.
5. Place 16 large lettuce cups on a serving platter; reserve remaining for another use. Top with watercress, fish, tzatziki, fennel, drained pickled onion and radish.

Serving suggestions Serve as a light lunch or dinner, or with a greek salad for a more substantial meal.

Tips

Use baby cos (romaine) or other crisp lettuce leaves instead of gem lettuce. If you prefer, instead of the tzatziki, combine Greek-style yoghurt with chopped fresh mint. We used barramundi in this recipe, but any white fish fillet will be fine.