

Less than 45 minutes

Serves 4

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Ingredients:

- 1 box (600g) Sea Harvest Fish Friday (4 portions)
- 1 bag (1kg) McCain Skinny Fries
- 4 large hotdog rolls, sliced
- 4 slices of pre-sliced cheese
- ½ small cucumber, cut into small cubes
- Tomato sauce (optional)

Lemon mayo:

- ½ cup (125ml) mayonnaise
- Juice of 1 lemon
- Salt

Method

1. Preheat oven to 220°C.
2. Place frozen fish on a baking tray.
3. Spread Skinny Fries evenly in a single layer on a second baking tray.
4. Place both trays into the oven to cook for 20-25 minutes. At halfway mark, turn baking trays to ensure even cooking. (Alternatively, cook in an air fryer for the recommended time.)
5. Combine lemon mayo ingredients in a small bowl.
6. Spread rolls with a layer of lemon mayonnaise on the inside.
7. Top with a slice of cheese and a Fish Friday. (Depending on the size of your rolls, you may need to trim a 2cm layer off the bottom of each piece of fish to ensure it fits snugly in the rolls.)
8. Top with cucumber and serve with Skinny Fries, any remaining lemon mayo and tomato

sauce for dipping.

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*This article is sponsored by McCain and Sea Harvest, who are on a mission to create convenient and nutritious mealtime solutions while bringing fun into the kitchen and onto kids' plates. For more information visit <https://friendsinyourfreezer.co.za/>.*