

Less than 45 minutes

Serves 4

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Ingredients:

- 4-6 crumbed (or plain) hake fillets
- $\frac{1}{3}$ cup (80ml) mayonnaise
- $\frac{1}{3}$ cup (80ml) low-fat or double-cream yoghurt
- $\frac{1}{4}$ packet (5g) fresh dill or parsley, chopped (optional)
- Lemon juice, to taste
- Salt and milled pepper
- 1 large ciabatta, sliced into 4 and halved (burger buns work too)
- 1 head cos lettuce
- $\frac{1}{2}$ red cabbage, shredded
- 2 radishes, sliced
- 6 gherkins, diced

Method:

1. Bake fish according to packet instructions.
2. Stir mayonnaise, yoghurt, dill or parsley and lemon juice together until well combined. Season.
3. Toast bread (or buns) in a dry pan and spread one half with sauce (reserve some for topping).
4. Layer with lettuce, cabbage, radish and gherkins.
5. Add fish and a dollop of the remaining sauce.
6. Sandwich with remaining bread just before serving.