



SAME DISH
NEW FISH

Sweep, Dill and
Fennel Sliders

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Sweep, Dill and Fennel Sliders



Ingredients

400g Sweep, skinless,
boneless, roughly chopped

1 egg

Zest and juice of 1 lemon

1/2 bunch dill, leaves picked

2/3 cup panko breadcrumbs

3 spring onions, thinly sliced

1 green apple, thinly sliced

1/4 fennel, thinly sliced

1 cup thinly sliced red cabbage

1 tablespoon olive oil, plus
2 tablespoons extra

2 tablespoons seeded mustard

1/2 cup reduced-fat Greek yoghurt

6 brioche bread rolls,
halved and toasted



Method

- 1 Combine **Sweep, egg, lemon zest** and half the **dill** in a small food processor. Blitz until smooth. Transfer **mixture** to a large bowl and stir through **breadcrumbs**. Shape **mixture** into six **patties** using wet hands.
- 2 To make the **salad**, combine **spring onions, apple, fennel** and **red cabbage** in a large bowl. Drizzle with **lemon juice** and 1 tablespoon **oil**.
- 3 Combine **mustard, Greek yoghurt** and remaining **dill** in a small bowl.
- 4 Heat remaining 2 tablespoons **oil** in a large frying pan over medium-high heat. Cook **Sweep** patties for 1-2 minutes on each side or until golden brown and just cooked through.
- 5 Spoon **yoghurt sauce** over **bread rolls**. Top with **Sweep patties** and **fennel salad** then serve.



PREP TIME
20 min



COOK TIME
2 min



SERVES
6