

DINNER

Fried Fish Sandwich

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
26 min	10 min	16 min	4	\$5.00	1,251 kcal



Fried Fish Sandwich could be just the dairy free and pescatarian recipe you've been looking for. For \$5.0 per serving, this recipe covers 48% of your daily requirements of vitamins and minerals. One serving contains 1251 calories, 53g of protein, and 77g of fat. This recipe serves 4. It works well a...

Ingredients

- | | |
|--|---|
| ☐ ½ teaspoon chopped anchovies | ☐ 4 servings Freshly ground black pepper |
| ☐ 2 tablespoons capers | ☐ 2 tablespoons Dijon mustard |
| ☐ 3 eggs beaten | ☐ 2½ pounds fresh flounder fillets |
| ☐ 2 cups all-purpose flour | ☐ 1 large French baguette, cut into 4 servings |
| ☐ 2 teaspoons chopped fresh tarragon leaves | ☐ 4 servings Grapeseed oil, for frying |
| ☐ 1 teaspoon hot sauce | ☐ ½ lemon, juiced |
| ☐ 1½ cups mayonnaise | ☐ 2 cups panko bread crumbs |

☐ 1 teaspoon hot relish (recommended: Amish or Indian)

☐ 8 romaine leaves, chiffonade

☐ 12 slices 12 tomato slices

☐ 1 small red onion, sliced thin

☐ 3 tablespoons seafood seasoning, plus more for sprinkling

☐ 2 teaspoons Worcestershire sauce

EQUIPMENT Bowl, Frying pan, Paper towels, Spatula

Method

- 1 Preheat oil in saute pan.
- 2 Wash off fillets and pat dry with a towel. Lightly sprinkle with seafood seasoning on both sides.
- 3 In 3 separate bowls, place flour mixed with 3 tablespoons seafood seasoning. panko and 3 beaten eggs.
- 4 Dredge fillets into flour, egg and then panko.
- 5 Add fish to oil and fry until golden brown, about 4 to 6 minutes.
- 6 Remove to a paper towel lined platter.
- 7 Spread remoulade sauce on both sides of toasted bread with a rubber spatula.
- 8 Layer some romaine on the bottom, then top with fish, sliced tomato, red onion and then finally, a little more romaine on top.
- 9 Add top portion of bread to make a sandwich. Repeat with remaining sandwiches.
- 10 Place all ingredients into a blend but the mayonnaise and pulse together for a minute.
- 11 Pour into bowl and add mayonnaise.
- 12 Mix together. Chill in refrigerator until ready to serve.

Nutrition per serving

1,251
KCAL

53 g
PROTEIN

77 g
FAT

82 g
CARBS

Saturated Fat	13.1 g · 82% of daily needs
Fibre	5.8 g · 23% of daily needs
Sugar	5.5 g · 6% of daily needs
Sodium	1,357 mg · 59% of daily needs
Cholesterol	286 mg · 95% of daily needs
Vitamin C	8.4 mg · 10% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/fried-fish-sandwich-148219