

# CREOLE FISH SANDWICH WITH SPICY REMOULADE SAUCE

YIELD: 100 SANDWICHES

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I personally love fish. I love how healthy it is for you and how versatile it is, I never get bored cooking with it! That being said, I know students are often resistant when it comes to fish, so I developed this recipe for Chicopee Public Schools to get students excited about it. This recipe combines big flavors like Creole seasoning and spicy remoulade sauce and pairs them with a mild white fish, a great way to introduce kids to fish without it being overly “fishy.” It is definitely spicy, so feel free to adjust the seasoning as you see fit for the age groups you’re working with. I hope your students enjoy it!

## INGREDIENTS

- 100 2 oz. breaded fish fillets, frozen
- Cooking oil spray
- 100 whole wheat hamburger buns
- 6 heads green leaf lettuce, washed and chopped into 3 inch pieces
- 25 medium tomatoes, sliced into 8 slices each

### FOR THE CREOLE SEASONING

- $\frac{3}{4}$  cup paprika
- $\frac{1}{2}$  cup garlic powder
- $\frac{1}{4}$  cup black pepper
- $\frac{1}{4}$  cup onion powder
- $\frac{1}{4}$  cup cayenne pepper
- $\frac{1}{4}$  cup dried oregano
- $\frac{1}{4}$  cup dried thyme leaves

### FOR THE SPICY REMOULADE SAUCE

- 2 medium onions, very finely chopped
- 3 bunches fresh parsley, minced
- 9 cups low-fat mayonnaise
- $\frac{1}{2}$  cup Dijon mustard
- $\frac{3}{4}$  cup hot sauce, such as Tabasco
- $\frac{3}{4}$  cup lemon juice

## DIRECTIONS

1. Make the Creole seasoning by combining all the ingredients in a medium sized mixing bowl. Stir well and set aside.
2. Make the remoulade sauce by combining all the ingredients in a large mixing bowl. Whisk well, cover and refrigerate for at least 30 minutes to allow flavors to develop.
3. Pre-heat oven to 375°F. Line sheet pans with parchment paper and arrange fish fillets on sheet pans. Spray each fish fillet with  $\frac{1}{2}$  cooking oil and evenly coat with  $\frac{1}{2}$  TBSP Creole seasoning. Bake fish in oven until fully heated through to 165°F, about 10-12 minutes.
4. Line sheet pans with parchment paper. Arrange buns on sheet pans and spray lightly with cooking oil. Toast buns in 375°F oven for 5-6 minutes or until golden brown.

## TO SERVE

Spread 2 TBSP remoulade sauce on each hamburger bun, 1 TBSP on each side of the bun. Place fish on bun, top with lettuce and two slices of tomato.

## RECIPE NOTES - CREOLE FISH SANDWICH WITH SPICY REMOULADE SAUCE

Recipe credits as 2 oz. M/MA & 2 oz. whole grain equivalent

Nutritional information\*: 414 calories; 1.57 g sat. fat; 668.2 mg sodium; 51.5 g carbohydrate

\* *nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*