

# Fresh Fish Sandwiches

**Makes 4 sandwiches**

## Ingredients

### *For the fish*

1 pound fresh fish (I usually use tilapia)  
2 tablespoons cajun seasoning  
¼ cup canola or avocado oil  
Brioche buns for serving

### *For the tartar sauce*

1 cup good-quality mayonnaise  
1 cup dill pickles, finely chopped  
1 tablespoon fresh dill or parsley, finely chopped  
1 teaspoon fresh lemon juice  
1 teaspoon sugar  
¼ teaspoon freshly ground black pepper  
2 tablespoons shallots, finely chopped

### *For the Sandwich*

Thick sliced beef steak tomatoes (one large tomato)  
Microgreens (about 1 cup)  
4 Brioche buns for serving



## Steps

1. Take a few paper towels and dry the fish well. Brush the fish with oil and apply the cajun seasoning making sure to rub it in well over all the pieces. It's best to allow the fish to absorb the rub for a least 2 hours or overnight in the refrigerator.
2. Heat a large skillet (or cast iron pan) over high heat. Place the fish fillets onto the hot pan carefully. Cook on high heat until one side is browned. Flip over and cook the other side until browned. Remove to a plate and repeat with the rest of the fish fillets if necessary.
3. Using the same pan, toast the brioche buns over medium heat. Spread some tartar sauce onto the bottom brioche bun. Add some microgreens, a tomato slice, fish and the brioche top. Repeat process for all buns and fish. Serve warm.