

Air Fryer Kids Fish Finger Burgers



Preparation time: 50 mins

Serves: 4 people

User Rating: ★★★★★

Publication: 22 September 2023

Categories: Dinner Recipes, Lunch Recipes, Kid Friendly

In this fish finger burger recipe, we take a few popular kid-friendly flavours and nestle them between 2 toasty buns. Kids will love it, and we wouldn't be surprised if the grownups have some sneaky seconds. Best of all, you can cook just about everything in the air fryer, making this meal super simple to prepare. Keep scrolling to see all the steps.



Ingredients

- 6 eggs
- ¼ cup mayonnaise
- 1 tsp curry powder
- Salt and pepper, to taste
- 600g firm white fish fillets (e.g. ling, perch, or snapper)
- ¼ cup milk

- ¾ cup plain flour
- 2 ½ cups panko crumbs
- 3 tsp garlic powder
- Cooking oil spray
- 4 burger rolls, split and toasted
- Tartare sauce and mini cos lettuce, to serve
- Air-fryer chips, to serve

Method

Preparing the egg salad topping:

1. Cook 3 of the eggs in a pan of boiling water for 7 minutes until hard boiled. Drain and refresh in cold water. Peel and finely chop.
2. Combine mayonnaise and curry powder in a bowl. Add the chopped eggs. Season to taste and stir until combined. Cover and refrigerate.

Making the burgers:

1. Pat fish dry with a paper towel and cut fish into 3cm thick by 10-12cm long pieces.
2. Whisk the remaining 3 eggs with milk in a shallow bowl. Place flour in another shallow dish. Season. set aside. Combine panko crumbs and garlic powder in another shallow dish. Season.
3. Working in batches, dust fish in flour, shaking off excess. Then dip into egg wash, followed by panko crumbs. Dip again in egg and panko to form a double crumb. Continue until all fish have been coated.
4. Spray the air fryer basket with oil spray. Place 8 fish fingers in the basket and spray with oil.
5. Air fry at 200C for 5 minutes. Turn over, spray with oil again, and air fry for a further 5-6 minutes or until crisp and golden. Reserve the remaining fish for the freezer.
6. To serve, spoon tartare sauce onto the base of buns. Top with lettuce followed by 2 pieces of fish. Spoon on egg salad and cover with bun top. Serve with air fryer chips and coleslaw if desired.

Notes

- To freeze, arrange pre-cooked fish fingers on a tray lined with baking paper and cover with plastic wrap. Place in the freezer for 2 hours or until frozen. Transfer to re-sealable bags or sealable containers. Label and date and use within 2 months.
- Seasoning your panko - although not an essential step - can help to enhance the flavour of your fish fingers. Keep it simple with salt & pepper or have fun with your favourite herbs and spices.
- **Oven Method:** Don't have an air fryer? Cook the fish in a 210C preheated oven for approximately 15-20 minutes or until golden and cooked through.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
376g	3110kJ 743kcal	53.6g	27g	6g	68.1g	4.2g	743mg	3.7g
Vitamin D								
6.2µg								

All nutrition values are per serve.