

Fish burger with kale and yoghurt sauce

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
2,219 kJ / 530 kcal

Fat: **28 g** Protein: **33 g**
Carbohydrates: **35 g**

INGREDIENTS

2 portion(s)

200 g	cod fillet
1	egg
2	garlic cloves
4 tsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
100 g	<u>Kikkoman Panko - Japanese style crispy bread crumbs</u>
50 ml	milk
60 g	kale
1 tbsp	<u>Kikkoman Toasted Sesame Oil</u>
1 tsp	sesame seeds
1 pinch	salt
2	pickled cucumbers
1 tbsp	capers
3 tbsp	yoghurt
2 tsp	lemon juice
1 tbsp	vegetable oil
2	burger buns

PREPARATION

Step 1

100 g Kikkoman Panko - Japanese style crispy bread crumbs - **50 ml** milk - **200 g** cod fillet - **1** egg - **1** garlic clove - **3 tsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tbsp** vegetable oil
Soak 30 g of the Kikkoman Panko in 50 ml of milk and leave to soften. Blend the cod, egg, garlic and Kikkoman Less Salt Soy Sauce until smooth. Add the soaked panko and mix well. Form two patties and coat them in the remaining dry Kikkoman Panko. Fry the patties in the vegetable oil until golden on both sides.

Step 2

60 g kale - **1 tbsp** Kikkoman Toasted Sesame Oil - **1 tsp** sesame seeds - **1 pinch** salt
Wash and thoroughly dry the kale, then remove the tough stems. Place in a bowl, drizzle with the Kikkoman Sesame Oil, add the salt and sesame seeds, and toss to coat. Spread the leaves on an oven tray lined with baking paper. Bake at 160°C for 10 minutes until crisp.

Step 3

2 pickled cucumbers - **2 tbsp** capers - **3 tbsp** yoghurt - **2 tsp** lemon juice - **1** garlic clove - **1 tsp** Kikkoman Naturally Brewed Less Salt Soy Sauce
Finely dice the pickled cucumbers and place them in a bowl. Add the capers, yoghurt, lemon juice, crushed garlic and Kikkoman Less Salt Soy Sauce. Stir well to combine.

Step 4

2 burger buns
Cut the burger buns in half and lightly toast them.

Spread a spoonful of sauce on the bottom half, add the fish patty, another spoonful of sauce and the baked kale. Top with the other half of the bun.