

Spicy Fish Burger with Cabbage and Carrot Slaw

Total time **75 mins 5 mins** preparation time **10 mins** cooking time **60 mins** marinating time

Nutritional facts (per portion):

1570 kJ / 375 kcal

INGREDIENTS

2 portion(s)

200 g Boneless tilapia fillets or

any other white fish

3 tbsp Kikkoman Naturally

Brewed Soy Sauce

1 tbsp Olive oil

1 pinch of garlic granules0.5 tsp Kikkoman Spicy Chili

Sauce for Kimchi

2 Burger buns

1 tsp Butter

Few lettuce leaves

4 Slices of tomato **50 g** Red cabbage

50 g Carrot

3 tsp of lemon juice

1 pinch Salt

Sauce:

40 g Natural Greek yogurt **1 tsp** English mustard

1 tsp Dijon mustard

Fat: **13.7** g Protein: **24.2** g Carbohydrates: **38.1** g

PREPARATION

Step 1

In a bowl, mix 2 teaspoons of <u>Kikkoman Soy Sauce</u> and ½ teaspoon of olive oil and <u>Kikkoman Kimchi</u> <u>Chilli Sauce</u>, add pieces of fish, sprinkle with garlic granules, mix. Leave in the fridge for minimum 60 minutes.

Step 2

In the meantime, chop the red cabbage, add 2 tsp of lemon juice and season with salt. Leave it for 30-40 minutes.

Step 3

Cut the carrot into thin strips (e.g. using a julienne peeler). Transfer to a bowl, add 1 tsp of lemon juice and 1 teaspoon of <u>Kikkoman Soy Sauce</u>.

Step 4

Heat the remaining olive oil in a frying pan and fry the marinated pieces of fish (on both sides until they are browned).

Step 5

Cut the buns horizontally in half. Heat the butter in a frying pan and toast the buns on it (cut side down).

Step 6

In a bowl, prepare the sauce: mix Greek yogurt,

English mustard and Dijon mustard.

Step 7

Smear bottom halves of the buns with the sauce, put the lettuce leaves, then the fish, tomato slices, red cabbage and carrot. Top the burgers with the other bun halves.