KIKKOMAN

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):
1,570 kJ / 375 kcal

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

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 granules
0.5 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

PREPARATION

Step 1

In a bowl, mix 2 teaspoons of Kikkoman Soy Sauce and ½ teaspoon of olive oil and Kikkoman Kimchi Chilli Sauce, 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 Kikkoman Soy Sauce.

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.