

Summer Fish burger



Serves	Prep Time	Cooking	Total Time	Calories
2 people				594 kcal

Stuff that's in it:

- 260G Cod Loin (Or Other Firm White Fish)
 - 40G Corn Flakes
 - 2 Wholemeal Rolls
 - 2 Tbsp Rapeseed Oil
 - 1 Egg (Whisked)
 - 20G Plain Flour
 - 30G Protein Cheese
- 85Ml Lighter Than Light Mayo
- 1 Tbsp Green Soft Capers (Finely Chopped)
 - 1 Tbsp Parsley (Chopped Finely)
 - 4 Lemon Wedges
 - 2 Gherkins (Chopped Finely)

What you do:

Pat dry with kitchen roll and Slice your cod into 6 pieces. Crush the cornflakes in a bag with a mallet or roll pin and place on a plate. Roll the fish in the flour, dip in the egg, then roll in the cornflakes and set aside until ready

Mix the Gerkhins, capers, parsley , mayo together with a touch of lemon juice and set aside.

Heat the oil In a small fry pan, dont let the oil smoke before you put the fish in or they will burn. Cook the fish for around 7-10 minutes turning now and then, depending on their thickness they will cook slow or quick, I used cod loin so it took 10 minutes.

Slice your buns an pop in the toaster

Place the Tatar's sauce on a sliced bun with the fish and the sauce and serve!

Nutrition

- Carbs: 58g
- Fat: 21g
- Protein: 42g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com