



Nathan Outlaw's cod burger served with a carrot and cucumber salad



Prep: 15 minutes • Cook: 15 minutes • Serves: 4

Ingredients

550g cod fillet, skinless and boneless
2 shallots
2 cloves of garlic
1 egg
50-100g breadcrumbs
2 tablespoons flat-leaf parsley
2 tablespoons of basil
4 crusty rolls
1 beef tomato or 2 medium tomatoes
20g rocket
Black pepper

For the side salad

100g carrot
100g cucumber
½-1 lime, juiced

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **57g**
Low protein ✗
Low salt ✓
Cost per portion (April 2023) **£4.08**
Energy in kcals **507**

- 1** Cut the cod into inch-square cubes (all roughly the same size) and peel and chop the shallots and garlic cloves into small pieces. Pulse the cod, shallots and garlic in a food processor for 10-15 pulses (avoid over blending), then transfer to a mixing bowl.
- 2** Crack the egg into the bowl, followed by the breadcrumbs. Mix together and check the consistency (if the mixture is still quite wet, you may need to add more breadcrumbs). Finely chop the parsley and basil and stir into the mixture. Mix well and season with pepper.
- 3** Divide the mixture into 4, and then mould into patties. Lay the patties out on a tray/plate and refrigerate until required.
- 4** To cook, place a frying pan over a medium heat and add the 1 tablespoon of the olive oil. Once hot, fry the patties for 5 minutes on each side, or until golden all over.
- 5** Whilst the patties are cooking, slice the crusty rolls and the tomatoes. Place the tomato slices and the rocket onto the sliced rolls. Also prepare the salad by peeling and grating the carrot and grating the cucumber. Mix the grated carrot and cucumber in a bowl, and dress with the lime juice to your desired taste.
- 6** Remove the patties from the pan and arrange on top of the tomato and rocket. Add the side salad and serve.