

Steamed fish & slaw burgers

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Whether you prefer a lighter, bun-less version of these, feel free to serve these on soft damper-style rolls if you like. Firmer fish such as mahi-mahi or hake are a better choice here because the fish is prepared without any batter, flaky fish will not work as well.

Ingredients Serves 2

- 2 white [fish](#) fillets, about 1 cm thick
- 1 cup mixed grated carrot, shredded red or green [cabbage](#), shredded kale
- 1 tbsp olive or macadamia oil
- 2 tbsp ponzu
- 2 tsp honey or rice malt syrup
- 1 tsp lime juice
- 1 tsp fish sauce

To serve

- 8 large cos lettuce leaves
- Pinch chilli flakes
- 2 tsp mixed sunflower, sesame and pumpkin seeds

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Method

Place fish fillets in a steamer basket and place over a saucepan of boiling water. Cover and steam for 8 to 10 minutes or until the fish is cooked through.

Meanwhile, in a bowl, combine mixed vegies, oil, ponzu, honey or rice malt syrup, lime juice, fish sauce and mix well. Place in the fridge until ready to serve.

When the fish is ready, cut cos leaves in half and layer two pieces as a base for each piece of fish. Top with half the slaw and a piece of the steamed fish before placing another two leaf halves on top. Repeat for the remaining serve.

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