



BBQ SEAFOOD BURGER

Ingredients

- 2 Shallots finely chopped
- 2 Cloves of Garlic finely chopped
- 1 fresh Green Chilli de-seeded
- Olive Oil
- 200 g Cod Fillet, skinned and de boned
- 100 g Crabmeat both white and brown meat, fresh is best, but tinned will do
- 100 g raw King Prawns
- 4 Burger Buns
- Lettuce Leaves or Spinach Leaves
- Pickled Onions, Pickled Gherkins
- your favourite Mayo
- Wasabi paste, or you can use Horseradish with Lemon Zest
- 1 small handful of rocket or other peppery leaf

Method

1. Finley chop the shallots and garlic. De-seed and finely chop the chilli.
2. Heat 2 tablespoons of oil in a frying pan over a medium-low heat, add the shallots, garlic and chilli. Cook for 3 minutes, until softened but not coloured. Set aside to cool.
3. Roughly chop and place the cod into a blender, then pulse for 20 to 30 seconds; it should still have some texture.
4. Scoop it into a bowl, add the crabmeat and stir to combine.
5. Roughly chop the prawns, add to the shallot mixture along with the cod/crab. Season and mix well.
6. Divide the mixture into four and use your hands to mould into patties. Put them on a plate in the fridge for 45 mins.
7. Get your barbecue going to a high heat. (You can shallow fry the patties or bake in the oven instead.)
8. Finely chop the rocket and mix with the wasabi and mayo. Set aside in the fridge until needed.
9. Brush the seafood patties with a little oil and place them on the barbecue for 3 minutes on each side
10. Halve and quickly toast the buns for until bar-marked.
11. To assemble, place a couple of lettuce or spinach leaves on the bottom half of each burger bun with some pickled onions, then top with the patties, a generous dollop of the mayo mix and top with the bun.