

# Rainbow coleslaw fish burgers



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Preparation 25 mins | Cooking 20 mins | Serves 4

Use leftover coleslaw on sandwiches.

- 4 pieces crumbed frozen boneless fish fillets
- 4 wholemeal bread rolls, split
- 1 ripe avocado

#### Rainbow coleslaw:

- ¼ red cabbage, trimmed and finely shredded\*
- ¼ savoy cabbage, trimmed and finely shredded\*
- 1 medium carrot, shredded
- 2 green onions (shallots), trimmed and thinly sliced
- ¼ cup mixed salad seeds
- ½ cup reduced fat mayonnaise
- ½ cup reduced fat Greek yoghurt
- 1 tbs lemon juice

*\*You'll need about 4 cups of red cabbage and 4 cups savoy cabbage.*

**STEP 1** Preheat oven to 190°C fan-forced. Place fish onto a baking tray lined with baking paper. Bake, following packet directions, until crisp and golden.

**STEP 2** To make rainbow coleslaw, combine cabbage, carrot, green onions and seeds in a bowl. Whisk mayonnaise, yoghurt and lemon juice together in a small bowl. Drizzle over cabbage mixture and toss to combine. Set aside.

**STEP 3** Toast bread rolls. Halve avocado lengthways, remove seed and scoop flesh onto bun bases. Top each with a piece fish and rainbow coleslaw and serve.