



Cod and Shrimp Burgers with Horseradish-Mustard Sauce

Active Time: 10 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

309 calories, 5.99 g carbohydrate, 1.46 g fiber, 4.53 g NET carbs, 26.89 g protein, 20.77 g fat

Ingredients

- 4 Tbsp(s) Primal Kitchen Mayonnaise
- 2 tsp(s) organic prepared horseradish
- 1/2 cup(s) fresh organic lemon juice
- 3 medium(s) organic scallions, chopped
- 2 Tbsp(s) fresh parsley, chopped
- 8 ounce(s) wild Alaskan cod, cut into chunks
- 1/4 tsp(s) fresh ground black pepper
- 10 ounce(s) wild shrimp, peeled, deveined and chopped
- 1 large pastured egg
- 2 Tbsp(s) organic coconut flour
- 1 Tbsp virgin coconut oil
- 3 Tbsp(s) organic spicy brown mustard

Preparation

1. Add half of the shrimp to a food processor and process until a paste forms. Add cod, remaining shrimp, coconut flour, egg, scallions, parsley, half of the lemon juice, and pepper. Pulse until combined.
2. Shape mixture into patties, place on a lined baking sheet and refrigerate, covered, until cold and firm.
3. Meanwhile, prepare the sauce by mixing the remaining lemon juice with the mustard, horseradish and mayonnaise. Cover and refrigerate.
4. Preheat a safe nonstick skillet or cast iron pan to medium-high. Add the oil. When shimmering, place burgers in the pan (do not crowd). Cook approximately 3 minutes per side, flipping only once, until cooked through.
5. Serve burgers with sauce.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.