Chicken Burgers

15 minutes preparation + 5 minutes cooking

Pattie Ingredients
500g chicken mince
100g mushrooms, roughly chopped
1 stick celery, roughly chopped
1 onion, roughly chopped
1 large sprig parsley
1 egg
2 teaspoons reduced-salt soy sauce
½ -1 cup fresh breadcrumbs
A little flour to shape patties
Olive or canola oil spray

Other Ingredients
6 wholemeal rolls, cut open and spread with sweet chilli sauce
3 lettuce leaves, shredded
1 tomato, sliced
½ cucumber, sliced

Method
Place mince in a large bowl and process all other ingredients in a food processor until smooth. Mix with chicken mince and enough breadcrumbs to make a soft but manageable texture. Divide mixture into six and shape with a little flour to round patties larger than the width of the rolls. Spray a non-stick pan with oil and cook for 4–5 minutes on each side until brown and cooked through. Serve on a roll with lettuce, tomato and cucumber slices.

Makes 6

Variation
For a beef burger, substitute 500g lean minced beef for chicken. Substitute low-fat cottage cheese or labneh for the sweet chilli sauce.

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