

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.

