


Today's Favourite

CHICKEN BURGERS

 8 serves of vegies per recipe

Ingredients

500g chicken mince
100g mushrooms, roughly
chopped
1 stick celery, roughly
chopped
1 onion, roughly chopped
1 large sprig parsley
1 egg
1 tablespoon reduced-salt
soy sauce
1/2-1 cup fresh
breadcrumbs

A little flour to shape
patties
Olive or canola oil spray

To serve

6 wholemeal rolls, cut
open and spread with
sweet chilli sauce
3 lettuce leaves, shredded
1 tomato, sliced
1/2 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.



DOH 19785