

# Chicken burgers

Serves 6

## Ingredients

- 2 tomatoes
- 1 red onion
- 1 small cucumber
- 1 onion
- 500g lean chicken mince
- 1 cup fresh bread crumbs (or ½ cup dried)
- 1 teaspoon garlic and herb seasoning, no added salt
- 2 eggs
- 6 wholemeal bread rolls
- ¼ head of lettuce
- Olive oil spray - if required



NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 297g (1 burger)		
	Per serve	Per 100g
Kilojoules (kJ)	1694	571
Protein (g)	28.1	9.5
Total fat (g)	11.6	3.9
- Saturated fat (g)	3.1	1.0
Carbohydrates (g)	43.6	14.7
- Sugars (g)	5.4	1.8
Fibre (g)	6.6	2.2
Sodium (mg)	618	208

## Method

1. Slice tomatoes, red onion and cucumber, set aside.
2. Chop onion.
3. Mix together mince, chopped onion, bread crumbs and seasoning.
4. Beat eggs and add to chicken. Using clean hands shape the mixture into 6 patties.
5. Heat a frypan to medium-high heat and lightly spray with oil. Cook each patty for 3-4 minutes on each side, until brown and fully cooked through.
6. Cut rolls, add chicken patty and fill with lettuce leaves, sliced red onion, tomato and cucumber.

## Optional:

to create a delicious sauce, combine ½ cup reduced fat natural yoghurt with 2 tablespoons sweet chilli sauce

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.