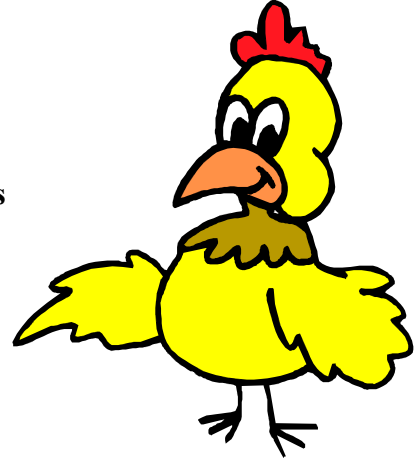


CHICKEN BURGERS

One recipe per Student

Cooking Utensil: 1 Frypan
Preparation Time: 15 Minutes
Cooking Time: 8–10 mins.



Ingredients

Pattie

65g Chicken Mince
10cm stick of Celery
1 sprig Parsley
¼ Onion
½ Egg
2 Small Mushrooms
¼C Breadcrumbs
¼ tsp Soy Sauce (salt reduced)

Salad

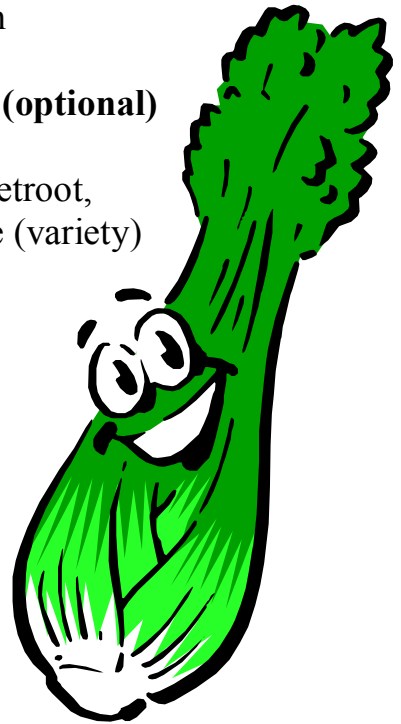
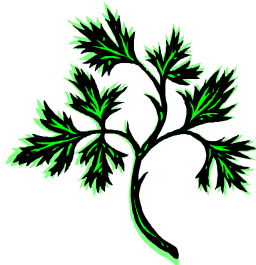
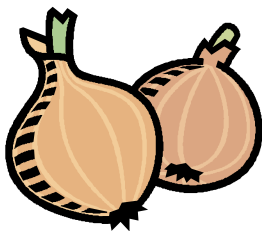
Tomato (2 slices)
Cucumber (2 slices)
1 leaf Lettuce
1 English Muffin

Possible Extras (optional)

Cheese, Egg, Beetroot,
Pineapple, Sauce (variety)

Coating

1 Tbsp Plain Flour



Method

- Place chicken mince in a large bowl
- Process all other ingredients (celery, mushrooms, onion, parsley, egg & soy sauce) until smooth
- Mix with the chicken mince
- Add breadcrumbs to a manageable texture
- Shape with a little flour to round patties (a little larger than the muffin)
- Spray non-stick frypan with oil
- Cook 4–5 minutes each side until golden brown and cooked through.
- Serve on your muffin with your salad ingredients

