

LEAN CHICKEN BURGER

North East Natural Health Centre Cooking Corner

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— *Easy Recipes* —

Makes 6 burgers

1 onion, finely diced
1 carrot, finely grated
1 celery stalk, finely diced
1 cup watercress or baby spinach, chopped
1 small bunch parsley, chopped
500 g chicken mince
1 tablespoon tamari soy sauce

Sauté onion, celery and carrot in a pan with 1 teaspoon olive oil over a medium heat until softened and golden then cool. Combine vegetables with parsley and chopped watercress leaves. Add the chicken mince, season with tamari soy sauce. Mix together well and form into 6 patties. Refrigerate for at least 2 hours to allow mix to firm up. At this stage you have an option of lightly coating in sesame seeds or almond meal which will form a lovely crumb on the outside, but this is only an optional step. Cook in a pan, over a medium to low heat with a little olive oil for 5 minutes each side until cooked through. Serve in a lettuce leaf as a snack or ‘bread free burger option’

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