

Chicken Basil Burgers

Prep Time
5-10 min

Cook Time
15 min

Servings
4-5

INGREDIENTS

- 500 g ground chicken
- 1 egg
- 1 cup breadcrumbs
- 1 tsp chili flakes (optional)
- 1 small onion, diced
- 5 fresh basil leaves, torn into small pieces
- Pinch of salt and pepper



DIRECTIONS

1. In a large mixing bowl, combine all ingredients.
2. Add chili flakes for spice if desired.
3. Form mixture into even size patties and flatten.
4. Grill on a BBQ 5 -7 minutes per side.
5. Serve on a bun, lettuce or on its own.



DOUBLE THE RECIPE AND FREEZE PATTIES IN THE FREEZER FOR UP TO 3 MONTHS.

Chicken Basil Burgers

FREE FROM*:



NUTS



MILK



PEANUTS



SOYA



FISH



MUSTARD



SESAME



SULPHITE

CHICKEN VS BEEF

Chicken is lower in cholesterol and saturated fat in comparison to beef, which is better for your cardiovascular health. It is a great source of protein, potassium, and phosphorous!



NUTRITION INFO

Serving Size	1 patty
Calories	255
Fat	5.1g
Saturated fat	1.4g
Protein	33.2g
Total Carbohydrates	17g
Fiber	1.3g
Sugars	2g
Sodium	265mg
Cholesterol	110mg
Iron	2mg
Potassium	264mg
Calcium	61 mg

* Allergens dependent on products used. If you have a food allergy check all product labels.