

Chicken and Quinoa Hamburgers

These are superheroes in burger form, just bursting with protein!

Ingredients:

- 500g of ground chicken breast
- 1 cup of cooked quinoa
- 2 tbsp. mustard
- Handful of chopped parsley
- 1 clove grated garlic
- Salt and pepper to taste



Directions:

1. Combine all ingredients in a mixing bowl and mix well
2. Separate into patties
3. Pan fry for 5 minutes on each side or place on the BBQ until thoroughly cooked through

Source: <http://www.carolanneskitchen.com/chicken-and-quinoa-patties/>