

Chicken and Quinoa Burgers

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

Ingredients:

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

Directions:

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



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