



# Chicken Burgers

## Ingredients

### CHICKEN PATTIES

- 4 green onions, chopped
- 1 garlic clove, chopped
- 1 tbsp (15 ml) fresh thyme, de-stemmed
- 2 tbsp (30 ml) chives, chopped
- 1 tsp (5 ml) mild paprika
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) salt
- ½ tsp (2.5 ml) pepper
- 1 egg, beaten
- 600 g ground chicken
- 1 tbsp (15 ml) vegetable oil

### GARNISH

- 1 tbsp (15 ml) garden pesto, with no nuts
- 125 g fine cheeses (your choice), sliced
- 1 tomato, sliced
- 1 cup (250 ml) baby arugula
- 4 small round buns, preferably whole wheat

## Preparation

### CHICKEN PATTIES

- 1** In a medium bowl, mix green onions, garlic, herbs, spices, egg and chicken.
- 2** Using your hands, make 4 patties.
- 3** In a large frying pan, heat oil at medium heat and cook patties on each side, until the chicken is well-cooked.

### ASSEMBLING

- 4** Preheat oven at "Broil".
- 5** On a pastry sheet, place buns and grill in oven a few minutes. Be careful not to burn buns.
- 6** Place patties on buns and garnish with pesto, cheese, slices of tomato and some baby arugula.

### YOU WILL NEED:

- cutting boards
- chefs' knives
- set of measuring spoons
- medium bowl
- fork
- anti-adhesive frying pan
- spatula



**CHEF'S TIP:** Allow the meat to brown well. This will add texture and taste! Use a toaster to grill the buns to save time.

**DIETITIAN'S TIP:** you can mold the chicken mixture into cylinders rather than patties and eat them in a whole wheat pita bread, wrap-style.