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.