Chicken burgers with chunky salsa
Makes 4 servings

Ingredients (allergens in **bold**)

For the chicken burgers:

- 500g skinless chicken breast – cut into 4cm pieces
- ½ onion – roughly chopped
- 2 garlic cloves – crushed
- 2 tablespoons flat leaf parsley – roughly chopped
- freshly ground black pepper
- vegetable oil for cooking

For the chunky salsa:

- 250g French beans – trimmed
- 250g cherry tomatoes – quartered
- juice of ½ lemon

To serve:

- 4 wholegrain **bread rolls** – halved and toasted

Method

1. Put the chicken, onion, garlic and parsley into a food processor. Whiz until coarsely chopped then transfer to a bowl. Season with black pepper and form the mixture into four patties with your hands.

2. Drizzle a large frying pan with oil and put over a medium-high heat. Cook the patties for 4–5 min on each side, or until cooked all the way through. They can be cooked on a barbeque but take care not to move them around too much or they will break.

3. Meanwhile, steam the French beans until just tender, then slice and toss with the tomatoes and lemon juice.

4. Serve the patties, topped with the salsa, in the rolls.

Equipment

- food processor
- mixing bowl
- chopping board
- large frying pan
- saucepan and lid
- steaming pan
- sharp knife
- small mixing bowl
- serving plate

Recipe notes and tips

- The burgers can also be cooked in the oven – brush on both sides with a little oil and bake on a baking tray for 15 mins at 200°C/Gas 6.
- Use diced red and green peppers instead of the French beans for the salsa.
- Thoroughly wash all surfaces and your hands after handling raw chicken to avoid cross -contamination