



Think you're
getting enough
vegies?
Cut it out.



CHICKEN BURGERS

 15 minutes preparation + 5 minutes cooking

 **Provides 1 serve of vegies per person**
Serves 6 people

500g chicken mince
100g mushrooms, roughly chopped
1 stick celery, roughly chopped
1 onion, roughly chopped
1 large sprig parsley
1 egg
2 teaspoons reduced-salt soy sauce
½-1 cup fresh breadcrumbs
A little flour to shape patties
Olive or canola oil spray

To serve

6 wholemeal rolls, cut open, spread with sweet chilli sauce
3 lettuce leaves, shredded
1 tomato, sliced
½ cucumber, sliced

Place mince in a large bowl and process all other ingredients in a food processor until smooth. Mix with chicken mince and enough breadcrumbs to make a soft but manageable texture. Divide mixture into six and shape with a little flour to round patties larger than the width of the rolls. Spray a non-stick pan with oil and cook for 4–5 minutes on each side until brown and cooked through. Serve on a roll with lettuce, tomato and cucumber slices.

For more information visit:
www.gofor2and5.com.au



An Australian Government, State and Territory health initiative.

