

Chicken Burgers

- 1kg chicken mince
- 1/2 cup onion, chopped
- 1/2 cup celery, finely chopped
- 1/2 cup carrot, grated
- Wholegrain rolls
- Lettuce
- Tomatoes, sliced
- Good quality mayonaise
- Sweet chilli sauce

Method

1. In a bowl, combine the chicken, onion, celery and carrot. Form into 12 patties and refrigerate for 1 hour.
2. Cook on the barbeque or in an oiled frying pan for 5 minutes each side.
3. Assemble the burgers on the buns in the following order: lettuce, mayonnaise, tomato, chicken patties and sweet chilli sauce.