

Webfid00188hero chickenburger 189

## Chicken Burger with Aioli



20min



4 Portions

Enjoy a nice spring dinner with the family on the porch with this nourishing meal. Simple and tasty, these chicken burgers will have everyone feeling satisfied long after its been eaten.

## What we send

- Bread, Sourdough Roll 80g (Fournil97) Code 180 <sup>1</sup>
- aioli <sup>3,7</sup>
- tomato
- baby cos lettuce
- free-range chicken mince
- lemon
- garlic
- parsley
- zucchini

## What you'll require

- olive oil
- salt and pepper

## Utensils

- baking paper
- large frypan
- paper towel

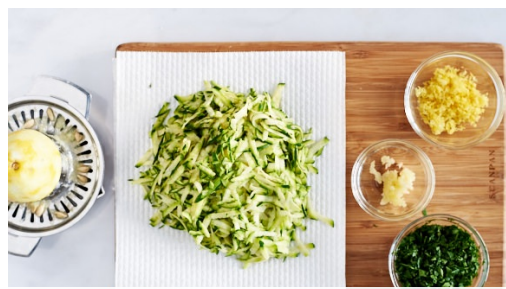
Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

## Nutrition per serving

Energy 605.0kcal, Fat 27.1g, Proteins 40.8g, Carbs 46.2g



### 1. Prepare vegetables

Preheat oven to 200C. Coarsely grate the **zucchini** and drain on paper towel. Pick the **parsley** leaves (discard stems) and finely chop. Finely chop the **garlic**. Zest the **lemon** and juice half. Reserve remaining lemon half for another use.



### 4. Warm rolls

Meanwhile place the **rolls** on a lined oven tray and place in the oven for 6 mins or until warmed through.



### 2. Make patties

Place the **chicken, zucchini, chopped parsley, zest** and **garlic** in a medium bowl. Season generously with **salt** and mix well to combine. Shape the mixture into four, 2cm-thick patties.



### 5. Prepare burger items

Separate **lettuce** leaves, then wash and dry. Thinly slice the **tomatoes**. Combine the **aioli** and 2 tsp **lemon juice** in a small bowl.



### 3. Cook patties

Heat 1 tbs **oil** in a large frypan over medium-high heat. Cook the **patties** for 3-4 mins each side until golden brown. Transfer to a lined oven tray and bake for 5-10 mins or until cooked through.



### 6. Get ready to serve

Split **rolls** in half. Place bases on serving plates. Top with **lettuce, tomatoes, chicken patties** and **aioli**.