

Chicken Zucchini Burgers

Ingredients (makes 4 burgers):

- 1 lb. ground chicken (*alternatively can use* boneless chicken breast, chopped & ground in food processor)
- 1 egg (can swap for a vegan flax egg: 1 tbsp ground flaxseed mixed with 2-3 tbsp water)
- 1 large zucchini, diced
- 1 garlic clove, finely chopped
- 2 spring onions, finely chopped
- 2 tbsp. almond meal
- 1 tsp paprika + ½ tsp cumin
- Large handful fresh parsley
- Sea salt and pepper to taste
- 1 Tbsp. coconut oil

Instructions:

1. Place all the ingredients – from zucchini to salt/pepper- into a food processor, and roughly process (just a few seconds; you don't want it completely mushy). Place minced veggies in a large bowl and mix with the ground chicken and egg.
2. Using oiled hands, form chicken-zucchini mixture into 4 large patties.
3. Heat the oil in a large nonstick skillet over medium heat. Cook the patties, 2 at a time in the pan, for around 3-5 minutes on each side until golden brown and cooked through.

*Option to serve with: whole wheat buns (or gluten free buns, or use lettuce as your “bread”), sliced tomato, mashed avocado, caramelized onions, sautéed mushrooms, cheese or vegan cheese, or I love using an herbed cashew cream