

Nutrition Facts

Servings Size: 1 Burger
Recipe Makes: 2 Servings

Amount Per Serving

Calories **456**

Total Fat 12g

Total Carbohydrate 36g

Protein 51g



Chicken SMASH Burger

INGREDIENTS:

- 12oz Chicken Breast
- 30g Green Onion
- 30g Red Pepper
- 5g Parsley
- 2 Cloves Garlic
- 2 Big Pinches Sea Salt
- 1 Big Pinch Black Pepper
- 2 Brioche Buns
- 42g 2% Colby Jack Cheese
- Splash of Chicken Broth
- Sriracha

INGREDIENTS FOR AVOCADO MAYO:

- 1 Large Avocado (About 6oz)
- 15g Cilantro
- 2 Cloves Garlic
- 1 Big Pinch Sea Salt
- Juice from 1 Small Lime
- 60g Water

1. Flatten your chicken breast (I used my fists lol) and then use a knife to chop to a fine mince. You could do this in your food processor but I like it better with the knife. Gives it a better consistency.
2. Then add the chicken mince to a bowl and add diced green onion, diced red pepper, finely chopped parsley, 2 cloves minced garlic, sea salt and black pepper. Mix to combine and form into two even size burgers.
3. Now to make your avocado mayo. Add all your ingredients into your food processor and blend till smooth. That simple!

4. Now it's time to make the burgers. Preheat your pan on a 7/10 heat. Add one of your burgers to the pan and then press down with your burger press. Cook with the burger press on top for 3-4 minutes on that side. Then flip and add burger press back on top to cook for another 3 minutes.
5. Then add your cheese on top and add a splash of chicken broth to the pan to help melt the cheese but also give the burgers a bit more juiciness. Add a cover on top to help with this.
6. Once cheese is melted, it's time to build the burger! Toasted brioche bottom bun, 2 Tbsp avocado mayo, lettuce, tomato, red onion, chicken smash burger, sriracha, top toasted brioche bun and enjoy!