Dinner

Herbed Chicken Burgers with Tomato and Basil

Juicy ground chicken patties studded with sun-dried tomatoes, onions, garlic and plenty of fresh herbs, ready in under half an hour on the grill.



Gluten free | Dairy free

23 min	160	4 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/2 lbs ground chicken breast
- [ ] 1/2 lbs ground chicken (mixed light and dark)
- [ ] 1/4 cup sun-dried tomatoes (chopped, not in oil)
- [ ] 1/4 cup onion(s) (chopped)
- [ ] 1/4 cup fresh basil (chopped)
- [ ] 1/4 cup fresh flat Italian parsley (chopped)
- [ ] 4 clove garlic (minced)
- [ ] 1/2 tsp fine sea salt
- [ ] 1/2 tsp black pepper (freshly cracked)

Nutrition Facts

Per serving

Calories	160
Total fat	6 g
Saturated fat	1.5 g
Sodium	390 mg
Total carbs	4 g
Fiber	1 g
Total sugars	2 g
Protein	24 g

Method

- [ ] 1 Put the ground chicken breast and ground chicken in a large mixing bowl.
- [ ] 2 Add the sun-dried tomatoes, onions, fresh basil, fresh flat Italian parsley, garlic, fine sea salt and freshly cracked black pepper.
- [ ] 3 Mix everything together until evenly combined.
- [ ] 4 Shape the mixture into 4 patties.
- [ ] 5 Grill the patties for 3-4 minutes on each side.
- [ ] 6 Serve the burgers hot.

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