

Chicken & Rosemary Burgers with Sweet Potato Fries

This burger is as light as it is delicious – perfect for the warmer months! Chicken mince is a great lean protein, and by no means packing any less flavour than its beef cousin. Along with fragrant rosemary and aioli, every bite is a delight. We've paired it with our favourite side, sweet potato fries. Perfect!



Prep: 10 mins Cook: 40 mins Total: 50 mins



level 1



eat me early



high protein

Pantry Items











Rosemary





Bake-At-Home



Chicken Mince



Fine Breadcrumbs





Aioli





2P	4P	Ingredients		Ingredient features in another recipe		
400 g	800 g	sweet potato, unpeeled & cut into fries				
1 ½ tbs	3 tbs	olive oil *		Pantry ItemsPre-preparation		
2	4	bake-at-home wholemeal burger buns				
1 packet	2 packets	chicken mince				
⅓ packet	⅔ packet	fine breadcrumbs				
1 clove	2 cloves	garlic, peeled & crushed	\$	Nutrition per Energy	serve 3040	Kį
1 bunch	2 bunches	rosemary, finely chopped		Protein	34.5	g
1 bunch	2 bunches	spring onions, finely sliced		Fat, total	36.3	g
1 tbs	2 tbs	Dijon mustard *		-saturated	6.1	g
1 tub	2 tubs	aioli		Carbohydrate	62.2	g
1	2	tomato, thinly sliced		-sugars	17	g
1 head	1 head	gem lettuce, leaves separated & washed		Sodium	745	mg

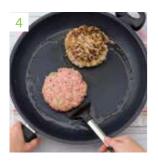


You will need: chef's knife, chopping board, garlic crusher, oven tray lined with baking paper, medium bowl, medium frying pan and spatula or fish flip.

- 1 Preheat the oven to 200°C/180°C fan-forced.
- 2 Toss the **sweet potato** in half of the **olive oil** and place in a single layer on the prepared oven tray. Season with **salt** and **pepper**. Cook in the oven for **40 minutes**, or until golden and tender. Add the **bake-at-home wholemeal burger buns** in the final **5 minutes** to finish baking.
- 3 Meanwhile, in a medium bowl combine the **chicken mince**, **fine breadcrumbs**, **garlic**, **rosemary**, **spring onion** and **Dijon mustard**. Season with salt and pepper. Shape mixture into patties (one per serve).
- 4 Heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the chicken patties and cook for **4-5 minutes** on each side, or until cooked through.
- **5** To serve, halve burger buns and spread with **aioli**, chicken patties, **tomato** and **gem lettuce**. Serve alongside the sweet potato fries.







Did you know? The Ancient Greeks believed that Rosemary could strengthen memory.