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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



Olive Oil



Dijon Mustard



Sweet Potato



Bake-At-Home Wholemeal Buns



Chicken Mince



Fine Breadcrumbs



Garlic



Rosemary



Spring Onion



Aioli






Tomato




Gem Lettuce

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2P	4P	Ingredients	
400 g	800 g	sweet potato, unpeeled & cut into fries	
1 ½ tbs	3 tbs	olive oil *	
2	4	bake-at-home wholemeal burger buns	
1 packet	2 packets	chicken mince	
½ packet	¾ packet	fine breadcrumbs	
1 clove	2 cloves	garlic, peeled & crushed	
1 bunch	2 bunches	rosemary, finely chopped	
1 bunch	2 bunches	spring onions, finely sliced	
1 tbs	2 tbs	Dijon mustard *	
1 tub	2 tubs	aioli	
1	2	tomato, thinly sliced	
1 head	1 head	gem lettuce, leaves separated & washed	

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	3040	Kj
Protein	34.5	g
Fat, total	36.3	g
-saturated	6.1	g
Carbohydrate	62.2	g
-sugars	17	g
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.