



## Chicken & Mushroom Rissole Burgers

**2 tbs olive oil**  
**400g large button mushrooms, chopped**  
**400g lean chicken mince**  
**6 green onions, thinly sliced**  
**2 tsp smoked paprika**  
**1 egg, beaten**  
**1 1/2 cups soft breadcrumbs, made from day old multi-grain bread**  
**1/4 cup flat leaf parsley, finely chopped**  
**Sea salt & ground black pepper**  
**1 avocado, mashed**  
**4 small baguettes, halved leaving attached one long end**  
**2 Lebanese cucumbers, thinly sliced**  
**Mixed salad leaves, to serve**

1. Heat 1 tbs oil in a large non-stick frying pan over high heat. Add the mushrooms and cook, stirring often, for 6-8 minutes or until the mushrooms are tender. Set aside to cool for 10 minutes. Drain the mushrooms to remove any moisture.
2. Combine the mushrooms, chicken mince, green onion, paprika, egg, breadcrumbs and parsley in a bowl. Season well with salt and plenty of pepper, mix well to combine. Shape the mixture into small rissoles (see tip). Place onto a tray, cover and refrigerate for 1 hour if time permits (this helps to hold rissoles together when cooking).
3. Heat remaining oil in a large non-stick frying pan over medium heat. Cook the rissoles in batches, for 4 minutes on each side or until just cooked through.
4. Spread the avocado over both sides of the baguettes. Top with salad leaves, cucumber and rissoles. Season with salt and pepper and secure the baguette top.

Tip: To prevent mixture sticking to your hands, use damp hands to roll the rissoles.