



Mushroom & chicken burgers

Preparation: 20 minutes + 10 minutes cooking

Serves: 4

1 tbs olive oil plus extra for greasing
350g cup mushrooms, thinly sliced
400g chicken mince
4 green onions, thinly sliced
1 egg, lightly whisked
1 cup fresh breadcrumbs
1 /4cup finely chopped fresh flat-leaf parsley
salt & ground black pepper, to taste
4 hamburger buns, halved
1 /3cup whole egg mayonnaise
50g snow pea sprouts, trimmed

1. Heat the oil in a large frying pan over high heat. Add the mushrooms & cook, stirring occasionally, for 8 minutes or until the pan juices evaporate. Remove from heat & set aside to cool for 10 minutes.
2. To make the burgers, combine the cooled mushrooms, chicken mince, green onions, egg, breadcrumbs, parsley & salt & pepper in a large bowl. Mix well to combine. Shape the mixture evenly into 8 patties, about 7cm in diameter & 2cm thick.
3. Grease a barbecue plate with extra oil & preheat on medium heat. Add the patties & cook for 4 minutes on each side or until golden & cooked through. Set aside to drain on paper towel.
4. Meanwhile, toast the hamburger buns until golden.
5. To serve, place the toasted bun bases onto serving plates, top each with mayonnaise, snow pea sprouts & 2 patties. Season with salt & pepper & top with remaining bread & serve.

Variation: Replace the flat-leaf parsley with fresh coriander. Add 1 stem trimmed & finely chopped lemon grass to the burger mixture with the coriander. Replace the mayonnaise with sweet chilli sauce to serve the burgers.