



SWEET CHILLI CHICKEN BURGERS

SERVES: 8

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 kilogram chicken thighs, visible fat removed and roughly chopped
1 medium onion, chopped finely
1 clove garlic, chopped finely
Salt
Pepper
Red pepper flakes (optional)
2 tablespoons coconut flour, sifted
1 large egg
1 tablespoon chilli sauce of choice (optional)
Sweet chilli sauce to top

INSTRUCTIONS

Blend the chicken thighs, onion, garlic, salt, pepper and red pepper flakes until very well combined.

Place into a large mixing bowl, add the coconut flour, egg and chilli sauce and mix well.

Using your hands, form into burger patties.

Coat a frying pan with oil and cook the burgers on each side over a medium heat for around 3-4 minutes, before flipping and cooking for another 3-4 minutes or until cooked through.

Repeat until all burgers have been cooked. Coat with sweet chilli sauce and serve in burger buns or with a fresh green salad.

MACROS PER PORTION

CALORIES	265	PROTEIN	34
CARBS	2	FATS	14
FIBRE	1		