

CHICKEN BURGERS



INGREDIENTS

White ground meat chicken breast
1 apple
1 lemon
1 carrot
1 small onion (optional)
1 stalk of celery
1 tsp. chutney (no sugar added)
1 bunch parsley (finely chopped)
1 egg (beaten)
¼ tsp. onion powder
¼ tsp. pepper

DIRECTIONS

Preheat oven to 350°. Put chicken meat in a mixing bowl. Grate the apple, carrot, onion and celery and add to meat. Squeeze the lemon's juice into mix-ture. Grate the lemon rind and add to chicken. Add beaten egg and the remaining ingredients. Mix well and shape into patties. Broil on both sides until brown.