



# Chicken Burgers with Smashed Avocado

## INGREDIENTS

- 800g chicken thigh fillets
- juice of 1 lime
- 1/4 cup finely chopped fresh coriander
- 1/4 cup finely chopped flat leaf parsley
- 3-4 cloves of garlic, crushed
- 1/2 tsp dried oregano
- 1tsp salt
- 2tbsp olive oil

### Smashed avo

- 2 avocados, smashed
- 1 clove of garlic, crushed
- 1/2 lime juice
- 1/3 cup fresh coriander leaves

### Burger extras:

- 6 bread rolls
- 1 baby cos heart
- 1 red onion, cut into slices
- cheese slices - I used Butterkase but haloumi would be amazing too.
- 2 tomatoes, sliced

### Mushrooms

- 375g (usually 6) portabello mushrooms
- 1/2 cup shredded mozzarella cheese
- 6 slices of haloumi
- S&P
- olive oil

## INSTRUCTIONS:

1. Trim any fat from chicken thigh fillets and place into a bowl. Marinade and set aside.
2. Prepare your smashed garlic avo, cover and refrigerate. Slice and prepare all your burger fillings in a plate, cover and refrigerate.
3. Pre heat oven to 200C fan forced. Line a baking tray with baking paper, place mushrooms on tray, season with S&P a light drizzle with olive oil, shredded cheese, sliced haloumi and a little more olive oil. Bake for 10-15 minutes or until cooked.
4. Place a non stick pan on medium high heat and grill chicken thigh pieces for approximately 5minutes each side, or until cooked through.
5. Assemble burgers. I love smashed garlic avo, chicken, lettuce, tomato, red onion, lettuce & cheese.

## TIPS:

- Soak sliced onion in chilled water while you prep to take the bite away, simply drain just before serving.
- Oregano baked potato chips also taste amazing with these burgers.
- If you do not like coriander, just leave/replace with flat leaf parsley.

