FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

# Crispy chicken burgers!



| Serves | Prep Time | Cooking | Total Time | Calories |
|---|---|---|---|---|
| **4 people** | | | | **510 kcal** |

**Stuff that's in it:**

• 50G Wholemeal Flour

• 200Ml Buttermilk

• 100G Puffed Rice

• 2 Tsp Garlic Powder

• 2 Tsp Onion Granules

• 4 Tsp Paprika

• 1 Tsp Dried Sage

• 8 Mini Chicken Fillets (Xx)

• 4 Wholemeal Buns

• 1 Medium Avocado

• Iceberg Lettuce (Shredded)

• Hot Sauce ((Optional))

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• Dressing:

• 75Ml Greek Yoghurt

• ½ Garlic (Crushed)

• 1 Tsp Cider Vinegar

## What you do:

Pre heat your oven to 180c.

Place the flour , butter milk and rice into 3 shallow bowls.

Add the garlic powder, onion granuals, paprika and sage to the buttermilk and stir through unto well combined.

Crush the rice with your hands but not too much.

Roll the chicken breast in the flour, shake and dip into the buttermilk , then roll into the crispies, place on a greased baking tin, add all the chicken and bake for 20-25 mins or until cooked through and crispy.

Add the garlic and vinegar to the yoghurt and stir.

When ready add the lettuce and avocado to a sliced bun, add the chicken and top with the yoghurt and hot sauce if required!

## Nutrition

- Carbs: 67g
- Fat: 13g
- Protein: 27g

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