



Chicken burger\*

Serving: 1

Non Veg

### *Ingredients*

- 100 grams ground Chicken Breast
- 2 tsp thai chilli sauce
- 2 tsp dried herbs
- 2 tbsp grated cheese
- salt and pepper to taste
- 1 tsp coconut oil
- 5-6 baby spinach leaves
- 2 lettuce leaves
- 1 almond bread burger bun ( cut into halves ) OR 2 almond bread slices

### *Preparation Method*

- Preheat cast iron skillet over medium high heat
- Combine all ingredients together in bowl
- make mixture into burger patty
- Add 1 tsp of Coconut Oil to a cast iron skillet.
- When it is hot, add your patty Cook thoroughly - till golden brown
- Now take the bread slices , put 1 lettuce leaves and 2-3 baby spinach leaves , now put the patty again put lettuce and spinach leaves and the bread slice
- Enjoy
- Note \*You can use veggies of your choice too that are allowed