Chicken Burgers with Beetroot Relish

A sweet-sharp beetroot relish is what makes these taste like more than a standard chicken burger.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**15 min**	**30 min**	**4**	**EASY**

Ingredients

- 500 g chicken mince
- 1 spring onion (finely chopped)
- 1 tsp dried oregano
- 200 g cooked beetroot (grated)
- 1 tbsp red wine vinegar
- 1 tsp honey
- 4 wholemeal buns
- 1 handful rocket

Method

1. Mix the beetroot, vinegar and honey together and set aside — the relish will deepen in flavour as it sits.
2. Mix the chicken mince with the spring onion, oregano and plenty of seasoning, then shape into 4 patties.
3. Heat a little oil in a frying pan over a medium heat and cook the patties for 6–7 minutes each side, until cooked through.
4. Toast the buns.
5. Build the burgers with rocket, the chicken patty and a generous spoonful of beetroot relish.

Tips & swaps

- Chicken mince patties are softer than beef — handle them gently and don't press down on them in the pan.
- Add a spoonful of natural yoghurt for extra creaminess.

Storage & reheating

Relish keeps for 4 days in the fridge; cook patties fresh where possible.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
420	**30g**	**40g**	**14g**	**5g**

Estimated values, for guidance only. Contains: Gluten.