

## GRAB and GO

### Chicken Burger

*A non-fried chicken grill served in a burger bap with homemade salsa accompanied with a side order of herby potato wedges.*

**Makes 10 portions (197g/portion)**

#### Ingredients

<b>600g</b>		<b>10 Green Gourmet Chicken Grills 60g (GG Code - 7229)</b>
500g		10 burger buns
500g		potatoes, skin on
11g	(1 tblsp)	olive oil
3g	(1 tblsp)	parsley, fresh
1g	(1 tsp)	thyme, dried
1g	(1 tsp)	basil, dried
150g		assorted salad leaves
150g	(½ medium)	cucumber, finely diced
85g	(1 medium)	tomatoes, finely diced
75g	(½ medium)	onion, diced
105g		7 cherry tomatoes

#### Method

1. Place the Green Gourmet Chicken Grills onto a greased baking tin. Cook as instructed.
2. Cut the potatoes into wedges and toss in oil and herbs until thoroughly coated. Bake in a moderate oven until browned and soft.
3. Mix the cucumber, tomato and onion to make the salsa.
4. Split the buns, add a handful of leaves and then arrange the Green Gourmet Chicken Grills on top.
5. Add a spoonful of salsa and serve with cherry tomatoes and the potato wedges.

#### Serving Suggestions

This could be served as a breacktime item without the potato wedges.

#### Nutritional analysis (per 100g COOKED)

Energy (kcal)	Fat (g)	Satd FA (g)	Carbohydrate (g)	NME Sugar (g)	NSP fibre (g)
143.5	3.0	0.4	22.3	0.2	1.2
Protein (g)	Iron (mg)	Zinc (mg)	Calcium (mg)	Vitamin A (µg)	Vitamin C (µg)
7.4	1.6	0.5	65.7	21.3	4.4
Folate (µg)	Sodium (mg)				
18.9	188.8				

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