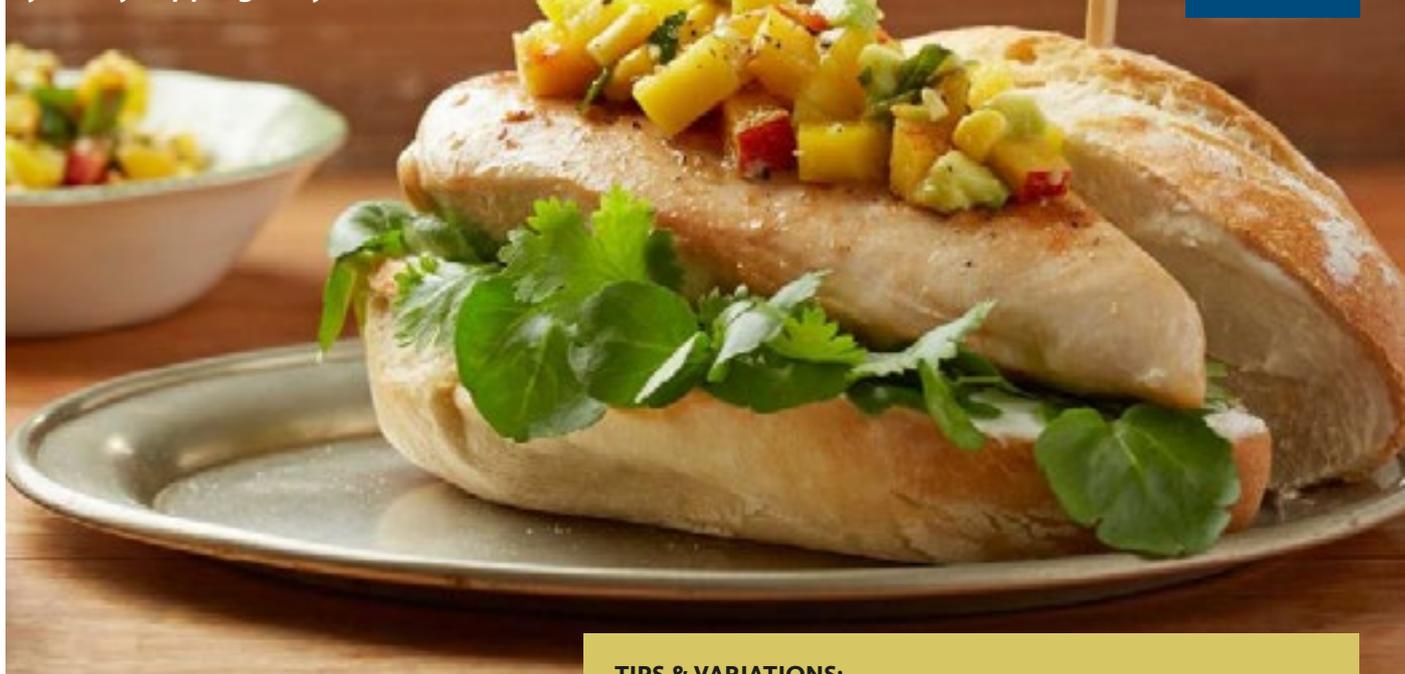


CHICKEN BURGERS WITH FRUITY SALSA

Homemade burgers are a great way to enjoy a fun and healthier meal at home. Chicken burgers are so easy to make, and you really don't need any crumbed or ready-made patties – all you need are juicy chicken fillets and some yummy toppings of your choice.



INGREDIENTS

SERVES 4 - 6

Chicken fillets

15 ml (1 tbsp) olive or avocado oil
4 - 6 chicken breast fillets
salt and pepper
30 ml (2 tbsp) lemon juice, Rooibos tea
or white wine

Salsa

1 mango, peeled and cubed
1 large nectarine or yellow peach,
skin on, cubed
30 ml (2 tbsp) chopped fresh mint
80 ml (1/3 cup) frozen whole kernel corn, rinsed
1 avocado, cubed
15 ml (1 tbsp) olive or avocado oil
lemon juice, salt and pepper

To assemble

4 - 6 bread rolls
60 ml (1/4 cup) plain yoghurt, hummus or
sour cream
large handful each fresh watercress and
coriander leaves

TIPS & VARIATIONS:

- Use any seasonal fruit for the salsa, such as oranges, grapes, pineapple and pears. If the choice of fruit is limited, even cucumber or red and yellow peppers are delicious.
- If you are trying to reduce the amount of bread in your meals, substitute the rolls for large pan-fried mushrooms. Alternatively, enjoy the chicken and salsa with a large salad or your favourite veggies.
- This fruity salsa is also delicious with fish and pork.

METHOD

- 1. Chicken fillets:** Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Add the oil and fry the chicken fillets on both sides until golden brown, but not yet cooked through.
- 2.** Season to taste and reduce the heat. Pour the lemon juice, tea or wine into the unit and immediately cover with a lid. The liquid will steam a lot but keep the lid on and remove the pan from the heat for a moment, if necessary.
- 3.** Allow the fillets to cook for only 5 - 7 minutes. If they are very thick, test after 5 minutes by gently pressing on the thickest part of the fillet. The meat should still be slightly springy in the middle and juicy, but not pink at all.
- 4. Salsa:** Meanwhile, mix the fruit with the mint, corn and avocado. Season with oil, lemon juice, salt and pepper.
- 5. To assemble:** Cut open the bread rolls and spread with a bit of yoghurt, hummus or sour cream. Arrange the watercress and coriander leaves on top. Place a chicken fillet on each roll and place a spoonful of salsa on top. Serve immediately.