




Product Spotlight: Panko Crumbs


Panko crumbs are Japanese-style bread crumbs made from white bread without crusts; they absorb less oil/butter when cooking and stay crispier for longer.




Classic Crumbed Chicken Burgers

Crispy and golden, panko-crusted chicken schnitzels served in a warm bun with fresh salad fillings and a creamy tartare sauce.

 25 minutes

 4 servings

 Chicken

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Add a side!

You can serve these burgers with potato wedges or roast Dutch carrots if you feel like a larger serve!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	34g	54g

FROM YOUR BOX

CHICKEN SCHNITZELS	600g
PANKO CRUMBS	1 packet (80g)
COLESLAW *	1 bag
TARTARE SAUCE	2 x 100g
TOMATO	1
LEBANESE CUCUMBER	1
HAMBURGER BUNS	4-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground paprika, lemon pepper (optional)

KEY UTENSILS

large frypan, frypan or griddle pan

NOTES

* Due to availability, coleslaw replaces baby cos lettuce. Use the tartare sauce to taste.

You can cut the chicken schnitzels into smaller pieces if preferred.

No gluten option - hamburger buns are replaced with GF burger buns. Panko crumbs are replaced with lupin crumbs.



1. PREPARE THE CHICKEN

Coat chicken with **1 tsp paprika**, **1 tsp lemon pepper** (optional), **oil**, **salt and pepper**. Press into panko crumbs until coated on all sides.



2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Cook chicken for 4-5 minutes each side until golden and cooked through.



3. PREPARE THE FILLINGS

Toss coleslaw with tartare sauce until combined (see notes). Slice tomato and cucumber.



4. WARM THE BUNS (OPTIONAL)

Heat a second frypan or griddle pan over medium-high heat. Cut buns in half and toast for 1 minute each side.



5. FINISH AND SERVE

Assemble burgers with even amounts of fillings and crumbed chicken (see notes).



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