

# CHICKEN BURGER WITH CUCUMBER

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2 persons / 569 kcal per serving

## Ingredients:

- 300 grams minced chicken
- ½ tablespoon 'Zaanse' mustard
- ½ tablespoon mayonnaise
- ½ spring onion
- ½ cucumber
- 1 teaspoon dried Italian herbs
- ½ tablespoon olive oil
- 25 grams Greek yogurt
- 2 white rolls with sesame
- 40 grams lamb's lettuce
- pepper and salt



## Preparation:

Cut the cucumber in half lengthwise and scrape out the seeds with a spoon. Cut the flesh into small cubes. Spoon with a teaspoon of salt and place in the refrigerator for half an hour. Cut the spring onion into thin rings. Add the mustard, mayonnaise, salt and pepper, ½ teaspoon Italian herbs and half of the sliced spring onion to the minced chicken and mix. With moisture hands, form 2 burgers from the chicken mixture. Brush the burgers thinly with the oil and fry brown and cook under the contact grill for 5 minutes or in a grill pan over medium heat for 10 minutes, turning halfway through. Keep the burgers warm in aluminum foil. Meanwhile, pat the cucumber dry with kitchen paper and mix with the yogurt and the rest of the spring onion and Italian herbs. Season with pepper. Cut the rolls in half and grill on the cutting side for 2 minutes. Spoon some of the cucumber mixture onto the lower halves. Put a small hand of lamb's lettuce and a burger on it. Spread some cucumber mixture over it. Place the top of the sandwiches on top. Mix the rest of the cucumber mixture into the remaining lamb's lettuce and serve with the chicken burger buns.

## Nutritional value per portion:

Energy:	569 kcal
Protein:	32.7 grams
Carbohydrates:	29.0 grams
- including sugars:	4.5 grams
Fat:	35.0 grams
Fiber:	2.9 grams
Salt:	2.2 grams