



# Crisp chicken burgers

Serves 4  
Prep 5 minutes  
Cooking 10 minutes

## Ingredients

2 chicken breasts  
1 cup of toasted breadcrumbs  
(use 4 slices of bread)  
2 heaped tsps of Cajun seasoning  
1 egg beaten  
4 burger buns  
Lettuce tomato and red onion

## Method

1. Toast the bread and then grate it to make breadcrumbs. Mix with the Cajun spice.
2. Put the chicken breasts between two pieces of cling film and bash with a rolling pin until they are ½ their thickness. Cut each breast in two to make 4 burgers.
3. Put the beaten egg and spiced breadcrumbs into two separate shallow bowls. Dip the chicken in the egg and then the spiced breadcrumbs. Make sure that the chicken is thoroughly coated.
4. Place the burgers onto a flat baking tray and put under a hot grill and cook for about 10 minutes turning once until the chicken is properly cooked.
5. Serve in a burger bun with lettuce tomato and red onion.

