

CAJUN CHICKEN BURGERS

Time: 20 minutes

Serves: 4

Ingredients:

2 teaspoons extra-virgin olive oil
1 pound ground chicken legs/thighs
1 tablespoon balsamic vinegar
2 cloves garlic - finely chopped or grated
1 teaspoon kosher salt
1 teaspoon fresh ground black pepper
½ teaspoon dried oregano
½ teaspoon dried thyme
¼ teaspoon cayenne pepper

Preparation:

Place a heavy pan on medium heat and add the olive oil.

Mix the remaining ingredients by hand until just evenly combined, then form into four patties.

Cook the patties for three minutes on each side or until the internal temperature reaches 165F.

Serve immediately.

Nutritional Information Per Serving:

Calories: 248
Fat: 17g
Carbs: 0g
Fibre: 0g
Protein: 26g