



Underberg's Crispy Chicken Burger

Ingredients

Serves 4

For the Crispy Chicken

- 2 large chicken breast fillets
- 2 eggs
- 80 g flour
- 1 tsp salt
- 1 pinch of pepper
- 1 tsp chili flakes
- 150 g cornflakes (unsweetened)
- 300 ml sunflower oil

For the burger

- 4 burger buns
- 1 beef tomato
- 15 g parsley
- 1/2 Lettuce
- 1 red onion
- 8 tbsp mayonnaise
- 1/4 Cucumber

Preparation

For the Crispy Chicken put Cornflakes in a plastic bag and crush them with a rolling pin. For breading, whisk eggs, add salt, pepper and chilli and mix well. Place the eggs, flour and cornflakes on separate plates.

Rinse chicken breast fillets under running water and pat dry. Then flatten them. Place some cling film on the breast fillets and beat the meat slightly flat with a flattener. Cut the chicken breast fillets in half crosswise. First turn into flour, then into the egg and finally into the cornflakes.

Preheat the grill (160-180 °C). Pour sunflower oil into a cast iron mould and heat over direct heat. Fry the chicken breast fillets in the hot oil for approx. 7-8 minutes until golden brown and the core temperature is 73 °C. Turn several times when deep-frying.

Pluck lettuce into individual leaves and wash, wash tomato and cut into thick slices. Peel and slice the onions. Wash cucumber and cut into thin slices. Halve the burger buns, spread mayonnaise on the upper and lower sides. Cover buns with lettuce, parsley, tomato, cucumber slices, onions and crispy chicken and serve.

Preparation time: 45 minutes

Nutritions per serving:

Underberg®

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887,9 kcal / 3691,2 kj

41,5 g carbohydrates

33,4 g protein

64,5 g fat