



## Thai chicken burger with apple coleslaw

**Ingredients:** (Serves 6)

- 500g Chicken mince
- 1 Tablespoon Hoisin sauce
- 1 Thumb sized piece of ginger, grated or finely chopped
- 1 Bunch of coriander, stems chopped, leaves picked
- 2 Teaspoons fish sauce
- 4 Spring onions, thinly sliced
- 1 Carrot, grated or julienned
- 1 Granny Smith apple, grated or julienned
- 1 Cup bean sprouts
- 1 Cup purple cabbage, thinly sliced
- Juice of a lime
- 1 Tablespoon olive oil
- 6 Small wholemeal bread rolls, halved

**Method:**

1. Combine chicken, hoisin sauce, ginger, coriander stems, fish sauce and half the spring onions. Mix until well combined and then shape into six patties.
2. To make the apple coleslaw, combine coriander leaves, carrot, apple, bean sprouts, purple cabbage, remaining spring onions and lime juice in a large bowl.
3. Heat oil in a large frying pan over medium-high heat. Cook chicken patties for 3-4 minutes on each side or until golden brown and cooked through.
4. Serve a chicken patty on each roll topped with apple coleslaw.

**Nutrition Information (per serve):**

Energy:	1036kJ (247cal)				
Protein:	20.9g	Sodium:	478mg		
Fat:	6.4g	Sat Fat:	1.7g		
Carbohydrate:	23.4g	Sugars:	7.4g	Fibre:	5.3g