

Crispy Chicken Burger

LUNCH/DINNER Makes 4 serving

This copycat McDonalds Chicken burger is better than the real thing. Quick, easy and freezes well. Perfect for meal prep.

Ingredients

- 1 pound ground chicken breast
- 2 tbsp dijon mustard
- 1 tsp smoked paprika
- 1 tsp granulated garlic
- pinch of salt/pepper
- 1/3 cup cornflake crumbs
- Hamburger buns or wraps

Directions

1. In a mixing bowl, combine the ground chicken breast, mustard, paprika, garlic and salt.
2. Divide into 4 equal portions.
3. Place cornflake crumbs on a plate or piece of parchment or wax paper.
4. Form each chicken portion into a rough ball, then press into the crumbs to form a patty. Flip and gently press to coat the other side.
5. Place the chicken patties into an air fryer basket. Set the temperature to 375°F and cook for 11 minutes.
6. Serve on toasted buns with your favorite toppings.

Notes

These chicken breast patties can be frozen to cook later. Place them in a container separated by parchment paper and take them out as needed. They can be cooked from frozen. Add 2-3 minutes to the cooking time.

The meatballs will be sticky and hard to form, don't worry about that. They will easily form into patties when you press them in the crumbs.

Serve on buns, wraps, or salad.

*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used. Nutrition is for patties only.



Macros *

Per 1 serving

Calories : 168
Protein : 26.4 g
Carbs : 7.1 g
Fat : 3 g