

# chicken burgers

prep: 5m  
stove top: 15m

serves: 4

## ingredients:

1 lb ground chicken  
2 oz asian greens  
1/4 cup thai chili jam or sauce  
oil for pan  
4 ciabatta rolls, split & toasted

## notes:

✓ light burger

## instructions:

- chop 1/2 of greens
- mix chopped greens, chicken, 1 tbsp jam/sauce
- form mix into patties
- oil and heat pan, cook patties through
- serve on buns with remaining jam/sauce and greens

## news:

mxup.menu volume 1 is now available! Scan this code to visit our homepage!

