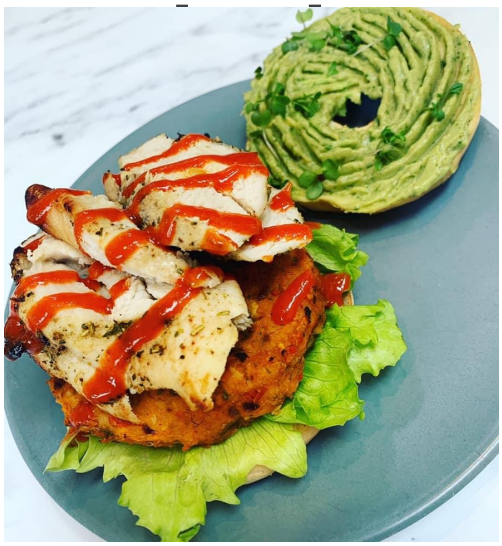
FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Sweet Pot burgers with chicken and avocado



Serves	Prep Time	Cooking	Total Time	Calories
6 people				**497 kcal**

Stuff that's in it:

• 160G Chicken Breast

• Thin Bagel

• 25G Avocado (Mashed)

• 7G Sriracha Sauce

• 1G Cress

• Pinch Of Garlic Herbs

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• For The Burgers:

• 350G Sweet Potatoes

• 240G Chickpeas (Drained)

• 60G Mini Red Peppers (Chopped (Jarred, Or Use Large Or Roasted))

• 70G Red Onion (Diced)

• 1 Tsp Sweet Paprika

• 1 Level Tsp Cumin Powder

• ½ Red Fresh Chilli (Chopped)

• 20G Fresh Coriander

What you do:

Peel, dice and boil the sweet potatoes for around 10-12 minutes until soft but not squashy.

Let cool slightly then add them with the drained chickpeas Into a large pan or bowl and combine them with a mashed or fork until crushed but not smooth, you need lumps so the burger sticks together.

In a mini food processor , add the onion, spices, mini peppers , Chili and coriander and blend until you have a thick paste.

Add the paste to the sweet potato mixture and mix with a spoon until combined.

You can season if you wish.BREKMake 6 equal burger shapes, I used a ramekin for this and ideally chill in the fridge . . . (I didn't have time).

If the mixture is too wet and you feel it won't hold, add breadcrumbs but there was no need when I made mine as I kept the mixture as dry and lumpy as possible.

Bake in the oven for around 18 minutes at 190˚c

I roasted a chicken breast with a sprinkle of herbs then sliced , toasted the bagel then spread the mashed avocado all over and dressed with a little cress.

On the other half of the bagel, I added a piece of lettuce, popped the burger on gently using a flat spatula, then topped with chicken and drilled sriracha all over.

Nutrition

• Carbs: 52g

• Fat: 8g

• Protein: 58g

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