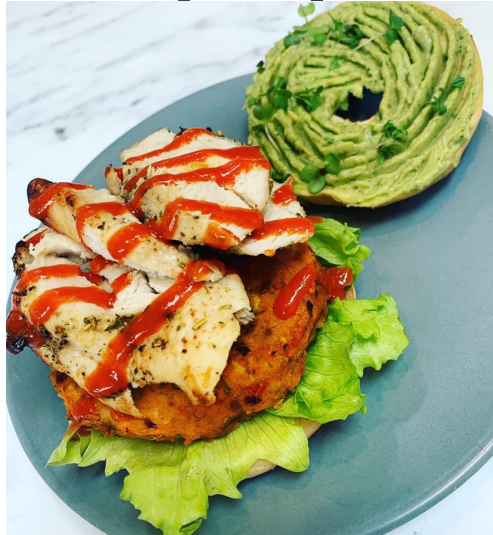


Sweet Pot burgers with chicken and avocado



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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