

Taco Chicken Hamburgers



MAKES 4; SERVING 1 PATTY

Ingredients

500g chicken mince
5tsp taco seasoning
1 bunch spring onion
1 whole egg

1/4 cup parmesan
1tsp coriander (dried)
Salt/pepper to taste

Instructions

In a large bowl add in all ingredients, mix well until they are combined.

Form mixture into burger patties, spray a non-stick pan with a little olive oil, cook on a medium heat and place patties in the pan cooking for 4-5 minutes on each side until they are cooked.

Serve with salad.

