

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Lemon & Basil Chicken Burgers with Healthy Chips!



Ingredients – serves 4 people

4 each chicken breasts skinless & boneless
(150gm each, cut in half)
2 Tbsp olive oil
1 each lemon (zested and juiced)
8-10 basil leaves (sliced thinly)
salt & black pepper (to taste)
4 x buns (soft baps/brioche/cobb – cut in half)
4 x butter lettuce leaves (also known as round or
butterhead lettuce)
1 x tomato (sliced into 8)
1 x red onion (sliced thinly)

8 – 12 local potatoes (2 – 3 per person
depending on size, washed)
2 Tbsp olive oil
salt & black pepper (to taste)

burger sauce

8 Tbsp mayonnaise
2 Tbsp tomato ketchup
1 Tbsp Dijon mustard
3 large pickled gherkins
1 spring onion (roughly chopped)
2 large garlic cloves
1 Tsp smoked paprika

Method

Place oil, basil, lemon zest and half the juices into a bowl and whisk then add the chicken. Toss to coat and set aside.

Cut potatoes in half then cut each half into halves or thirds depending on size and personal preference. Place into pan, cover with cold water and bring to the boil. Cover with a lid, reduce heat slightly and cook for 5 minutes. Drain into a colander over the sink. Place drained potatoes into a clean roasting tray, add oil and season to taste. Place into an oven pre-heated to 210°C.

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Heat a non-stick pan over a high heat.

Add the marinated chicken breasts ensuring there is space between them (you may need to cook in 2 batches).

Whilst the burgers are cooking, make the mayo dressing.

Place mayonnaise, ketchup, mustard, gherkins, spring onion, garlic and smoked paprika into a clean blender/food processor. Blitz on high speed to blend everything together to a smooth sauce.

After approx. 2 - 3 minutes, turn the chicken breasts and continue cooking over a slightly lower heat. Test the chicken is 'just' cooked then turn off the heat.

Prepare the buns by placing a spoon of sauce on each surface (buns can be toasted first if desired). Place lettuce leaf on each bun base then top with tomato slices.

Place cooked chicken pieces on top and then add as many onion slices as desired and place the top.

Remove the chips from the oven and divide amongst the 4 plates.

Add the burgers and serve immediately.

Notes from the chef:

The intensity of the mayonnaise can be adjusted by increasing or lowering the amount of garlic & paprika.

Blending the pickled gherkins into the mayonnaise is a simple cheat for fussy eaters!

The burgers can be cooked on a BBQ or grilled.

The mayonnaise can be made in advance.

The chicken can be marinated overnight.

The onions can be sautéed in a pan first until soften and almost caramelised and then cook the chicken breasts in the pan.

Tbsp - tablespoon

Tsp - teaspoon