



This recipe works equally well with turkey mince. This really has to be tried...Try serving with Indian salad.

Spicy Burgers		
Serves 4		Skill Level – Easy
		Preparation time: 15 mins Cooking time: 8-10 mins
Metric	Imperial	Ingredient
450g	(1 lb)	minced chicken
1		onion, grated
2		garlic cloves, crushed
1 teaspoon		paprika
		Salt
1. Preheat the grill to medium		
2. Mix all the ingredients together.		
3. Shape the mixture into 8 burgers.		
4. Grill under medium heat for 4-5 minutes each side until the meat is cooked.		
5. Serve with salad or in wholemeal rolls.		

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