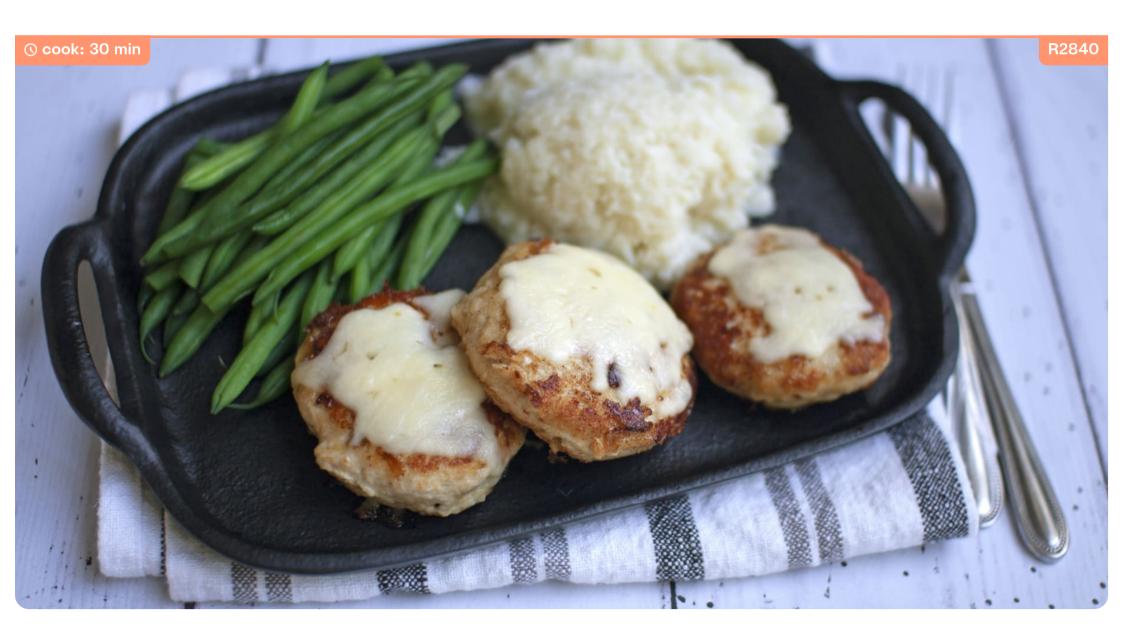
Cheesy Chicken Burgers with Cauliflower Mash and Green Beans

A full, satisfying meal done low-carb!

hellóchef

Cals 929 • Prot 79 • Carbs 30 • Fat 59

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Chicken burgers	2 ppl	3 ppl	4 ppl	
Chicken mince	400	600	800	Grams
Almond flour 1*, 2*	40	60	80	Grams
Organic Eggs 5*	1	1	2	Pieces
Dijon mustard 13*	6	9	12	Grams
Soy sauce 9* , 10* , 11*	20	30	40	ML
Grated cheddar 4*	60	90	120	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Olive oil	4	6	8	Tbsp
Grated mozzarella 4*	60	90	120	Grams
Cauliflower mash				
Cauliflower	600	800	800	Grams
Sour cream 4*	60	90	90	Grams
Salt	1	2	2	Tsp
Side				
Green beans	250	375	500	Grams

Allergens

*1 Peanuts, *2 Tree Nuts, *5 Eggs, *13 Mustard, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3884 / 929
Fat (g)	59
of which saturates (g)	25.7
Carbohydrate (g)	30
of which sugars (g)	12
Fiber (g)	11.4
Protein (g)	79.4
Salt (g)	3.6

^{*}Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep burger mix

Add the **almond flour** to a bowl. Crack in the **eggs** and mix well. Add the **Dijon mustard** and **soy sauce**. Set aside for 5-10 min.



2 Prep vegetables

Meanwhile, separate the **cauliflower** into florets. Trim the **green beans**.



3 Make burgers

Add the **chicken mince**, **grated cheddar** and a pinch of **salt** and **pepper** to the **almond flour** mix. With clean hands, knead for 2-3 min until fully combined and tender. With oiled hands, divide the mix into [6/9/12] pieces and shape each piece into a burger.



4 Make cauliflower mash

Bring a pot of water to a boil and cook the **cauliflower** florets for 10 min or until softened. Drain well and return to the pan with the **sour cream**. Mash with a potato masher. Season generously with **salt**. Keep warm until serving.



5 Boil green beans

Meanwhile, bring a pot of salted water to a boil and add the **green beans**. Cook for 3-4 min until tender. Drain once tender. Keep warm.



6 Fry burgers

Heat a large pan over a medium-high heat with a drizzle of **olive oil**. Once hot, add the **chicken** burgers (in batches) and fry for 3-4 min on one side. Flip, and top with the **grated mozzarella**. Cover the pan with a lid so that the burgers cook through and the cheese melts. Serve the cheesy burgers with the **cauliflower** mash and the **green beans**.