

Cheesy Chicken Burgers

with Cauliflower Mash and Green Beans

A full, satisfying meal done low-carb!

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**.