

Chicken Zucchini Burgers with Sumac Yogurt

35 minutes

Based on a recipe by Yotam Ottolenghi

Ingredients (serves four)

1 lb ground chicken
1 small to medium zucchini
2-3 green onions
1 egg
2 tbsp chopped mint
2 tbsp chopped cilantro
2 garlic cloves
Seasoning (1tsp ground cumin, 1/4 tsp black pepper, 1/2 tsp paprika, 1/8 tsp cayenne)
Sunflower oil for searing
Yogurt Sauce (100g sour cream, 150g Greek yogurt, 1tsp organic lemon zest, 1 tbsp lemon juice, 1 1/2 tbsp olive oil, 1 tbsp sumac, 1/2 tsp salt, 1/4 tsp black pepper)



Check out the video at <https://tobermorymeetingplace.com/food-programs/good-to-go/>

Instructions

1. Preheat oven to 350 degree Celsius. Chop mint and cilantro and thinly slice green onion. Grate zucchini.
2. Mince garlic. Place a pinch into yogurt sauce and add the rest to a large bowl along with ground chicken, zucchini, cilantro, mint, green onion, remainder of garlic, egg, and spice blend. Mix well.
3. Form into 14-16 patties and place on plate.
4. Heat sunflower oil (enough for a thin layer on bottom) in large pan over medium heat.
5. Carefully push enough patties onto the pan to fill the pan but not to overcrowd it and cook patties for 2 minutes on each side before transferring to a baking dish. Continue until all the patties are browned on each side.
6. Place patties in the preheated oven for 5-7 minutes.
7. Serve on bed of lettuce with yogurt on side or drizzled on top.
8. Enjoy!