



CHICKEN CAESAR BURGER BOWLS

WITH PICKLED RED ONION & HOMEMADE CROUTONS

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

These burger bowls are a jazzed up version of chicken caesar salad. I've thrown in a few extra veggies for more nutrition and flavour. This is a really yummy, lower carb dinner.



BURGERS

- 1/2 large red onion
- 600g chicken mince (1lb 5oz)
- 1 tsp dried oregano
- 1/2 tsp dried rosemary
- 1/2 tsp salt
- 1/4 tsp black pepper
- 100g streaky bacon (4 rashers) (3.5oz)

PICKLED ONION

- 1/2 large red onion
- 3 Tbsp white vinegar
- 3 Tbsp cold water
- 1 1/2 tsp sugar
- 1/4 tsp salt

SALAD

- 4 eggs
- 2 slices white or wheatmeal bread
- 1 Tbsp olive oil
- 2 stalks celery
- 1/2 telegraph cucumber
- 1 avocado
- 120g cos lettuce (4.2oz)
- 1/4 cup shaved parmesan
- Fresh basil leaves *optional*

DRESSING

- 3 Tbsp lite sour cream
- 1 Tbsp olive oil
- 1 Tbsp white vinegar
- 1 Tbsp cold water
- 1 tsp Dijon mustard
- 1 tsp sugar

1. PREPARE BURGERS

Preheat oven to 190°C (375°F) fan bake. Line an oven tray with baking paper. Finely dice red onion. Add to a medium-sized bowl together with chicken mince, oregano, rosemary, salt and pepper. Combine well (you will probably need to use your hands for this). Divide mixture into four and shape into burger patties. Wrap each patty in a piece of bacon and place on prepared tray. Bake for 25 minutes, until cooked through.

2. MAKE PICKLED ONION

Finely slice red onion. Whisk together vinegar, water, sugar and salt. Add onion and leave for 20 minutes.

3. PREPARE SALAD INGREDIENTS

Bring a small saucepan of water to the boil and carefully add eggs. Boil for 8 minutes, drain then refill the saucepan with cold water. Leave the eggs to cool.

4. Line a second baking tray with baking paper. Brush bread all over with olive oil and season with salt. Cut into small cubes. Place in the oven below the burgers and bake for 8 minutes until golden and crisp (keep a careful eye on them).

5. Slice celery, cucumber and avocado.

6. MAKE DRESSING

Place all the ingredients in a small jar and season with a little salt and pepper. Place the lid on and shake until well combined.

7. SERVE

Drain onions. Peel eggs and cut in half. Divide lettuce, celery, cucumber, avocado, onion, eggs and parmesan between individual serving bowls. Top with fresh basil leaves, a burger patty and a generous drizzle of dressing. Finish off with a handful of croutons.



WINE MATCH: Try an un-oaked Chardonnay.

CHICKEN CAESAR BURGER BOWLS RECIPE NOTES

GLUTEN-FREE OPTION: Make sure bacon is gluten-free. Use gluten-free bread or swap the croutons for roasted, salted nuts (try cashews or almonds).

INGREDIENT SWAP: If you don't want to make burger patties or can't find chicken mince, you could wrap chicken tenders in bacon instead. If you bought extra bread rolls for the seafood chowder recipe in this week's menu, you could use these instead to make the croutons.

MAKE IT EASIER: You could use pre-made croutons to save on time and washing up.

STORING AND REHEATING: Store burger patties separate to salad ingredients and reheat in the microwave, oven or frying pan. Keep croutons in an airtight container at room temperature. Drizzle over dressing just before serving.