

6g ⌚ 15 m | Easy

Chicken cheeseburgers with green garlic dressing

This isn't your regular chicken cheeseburger — it's got a clever twist! Instead of adding the cheese on top, we mixed it in with the meat making the burgers wonderfully juicy on the inside and nice 'n' crispy on the outside. This mouthwatering, higher-satiety meal will have you wondering why we ever needed buns in the first place. Napkins required!



2 Servings

Ingredients

Chicken cheeseburgers

1 (½ oz.) scallion, finely chopped

1 lb ground chicken or ground turkey

3 oz. (¾ cup) cheddar cheese, shredded

2 tsp paprika powder

1 tsp garlic powder

1 tsp salt

½ tsp ground black pepper

½ tbsp light olive oil

Green garlic dressing

2 tbsp mayonnaise

½ tsp garlic powder

1 tbsp fresh basil, finely chopped

ground black pepper, to taste

Instructions

- 1 Finely chop the scallion and add it to a large bowl with the ground chicken, shredded cheddar cheese, paprika powder, garlic powder, salt, and pepper. Mix well with clean hands. Shape into two patties per serving. The thinner they are, the faster they will cook.
- 2 Heat a large non-stick frying pan with oil over medium-high heat. When hot, fry the burgers for a couple of minutes on each side until cooked through. The cheese will make a nice crispy crust.
- 3 Combine the mayonnaise, garlic powder, basil, and black pepper in a small bowl.
- 4 Place a patty on a lettuce leaf, add a dollop of dressing, thinly sliced tomato, pickles, and top with another patty to make your chicken cheeseburger. Enjoy!

Air fryer method

Follow step 1 of the recipe. Then preheat the air fryer to 375°F (190°C).

Lightly spray the basket with a bit of coconut oil spray. Place the chicken burgers in the air fryer for 8 minutes, flip them, and then air fry for another 7 minutes, or until cooked through.

While they're cooking, make the sauce (step 4), and build the burger as in step 5!

Serving

½ (2 oz.) tomato, sliced

1 (4¾ oz.) pickle, diced

4 butterhead lettuce
leaves