

BARBECUED CHICKEN PATTIES

INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion, grated
- 1 garlic clove, crushed
- 100g button mushrooms, finely chopped
- 4 short rindless bacon rashers, finely diced
- 1 tablespoon rosemary leaves, chopped
- 1 tablespoon balsamic vinegar
- 750g chicken mince
- olive oil cooking spray
- 200g sweet potato, peeled, sliced into 1.5cm-thick rounds
- 1/4 cup dijonaise (see note) – Nutrition information without Dijonaise
- dressed watercress sprigs, to serve

METHOD

1. Heat oil in a large frying pan over medium-high heat. Add onion and garlic. Cook for 1 to 2 minutes or until soft. Stir in mushroom, bacon and rosemary. Cook for 2 to 3 minutes or until mushroom is soft. Add vinegar and cook for 1 minute or until vinegar has evaporated. Remove from heat. Set aside to cool.
2. Place mince in a large bowl. Add bacon mixture. Mix until well combined. Shape mixture into four 3cm-thick patties. Place on a plate. Cover and refrigerate for 20 minutes.
3. Preheat a barbecue plate on medium heat. Spray sweet potato with oil. Barbecue for 1 to 2 minutes each side or until tender and golden. Cover to keep warm.
4. Spray patties with oil. Barbecue for 5 to 6 minutes each side or until cooked through. Serve chicken patties with dijonaise, sweet potato and watercress.

Serves 6

	Per Serving (235g)	Per 100g
Energy	1351	575
Protein	31.8	13.5
Fat – Total	18.9	8.1
- Saturated	4.8	2.1
Carbohydrate - Total	5.5	2.3
- Sugars	2.3	0.9
Sodium	535	228

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