



Tooti Frooti CHICK'N BURGER

cooking time: 20min

Naturally CHOLESTEROL FREE

serves
4



Ingredients

4 Fry's Chicken-Style Burgers
4 Whole wheat Burger buns
4 Red chillies
2 tbsp Olive oil
1 tbsp Smoked paprika
Egg-free Mayonnaise, to serve
Red salad onions, thinly sliced
1 Mango, peeled and cut in small cubes
Thinly sliced pineapple, halved
1 Pomegranate

Method

Bake the crumbed burgers in a preheated oven for 10 minutes.

Chop the chillies and place in a small saucepan with the olive oil and smoked paprika and gently fry over a low heat for 2 to 3 minutes.

Serve the chicken burgers on the buns topped with a generous dollop of mayonnaise, sliced purple spring onions, fresh mango, pineapple and a spoonful of pomegranate.

"wop bop a loo
bop a lop bam
boom!"

