

Chicken Burgers



Serves	4
Prep time	30 minutes
Cook time	20 minutes
Total time	50 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Main Dish
Misc	Child Friendly , Pre-preparable , Serve Hot
Occasion	Barbecue

Ingredients

- 4 Bread rolls or hamburger buns
- 1/4 Iceberg Lettuce
- 4 Chicken rissoles (Refer to recipe)
- Pear Sauce (Refer to recipe)
- Spread of choice (Butter, Nutelex, Cream Cheese, etc.)
- 4 Eggs

Optional

- No-Tomato Sauce (Refer to recipe)
- Cheese (sliced)
- Tomatoes (sliced)
- Cucumber (peeled and sliced)
- Carrot (Grated)

To serve: (Optional)

- Sweet Potato Fries (Refer to recipe)
- Apple and Sour Cream Coleslaw (Refer to recipe)

Directions

1. Cook the rissoles on the BBQ or in a frying pan.
2. Wash and separate the lettuce leaves.
3. Fry or poach the eggs.
4. Slice the buns in half and toast the inner side under the grill or on the BBQ.
5. Place everything out on the table for everyone to serve themselves.
6. Serve with Apple and Sour Cream Coleslaw and Sweet Potato Fries (optional).

Note

Low Chemical / Failsafe if not using optional ingredients

Moderate Salicylates: carrot, cucumber, sweet potato fries, no-tomato sauce

Amines: cheese

Very High Salicylates: tomato

Refer here to the [Basics Page for Pear Sauce and No-Tomato Sauce](#) recipes.

Refer here for [Chicken Rissoles](#), [Apple and Sour Cream Coleslaw](#) and [Sweet Potato Fries](#) recipes.