



Tex-Mex Chicken Burger

with Broccoli Slaw



30-40min



2 Servings

If you don't have a grill or grill pan, heat a large heavy skillet over medium-high. Add seasoned onions and peppers and cook until tender and charred in spots, about 10 minutes. Transfer vegetables to a plate. Wipe out skillet, then heat 1 teaspoon oil in same skillet over medium-high. Add chicken burgers, and cook, until cooked through, about 6 minutes per side.

What we send

- 1 medium red onion
- 1 bell pepper
- ½ lb broccoli
- 2 oz mayonnaise ^{3,6}
- garlic
- ¼ oz taco seasoning
- 10 oz pkg ground chicken
- 2 brioche buns ^{1,3,7}

What you need

- neutral oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- kosher salt & ground pepper
- sugar

Tools

- grill or grill pan
- microplane or grater

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 810kcal, Fat 51g, Carbs 55g, Protein 40g



1. Prep ingredients

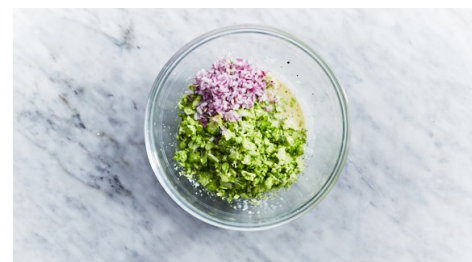
Light a grill, if using, and **oil** the grates.

Halve and slice **all of the onion** into ½-inch thick rounds, keeping slices intact. Finely chop half of the onion slices. Cut **pepper** into quarters, then remove stem and seeds. Trim stem ends from **broccoli**, then finely chop florets.



4. Form burgers

Meanwhile, in a large bowl, combine **ground chicken**, **remaining chopped onions** and **taco seasoning**, and ½ **teaspoon salt**. Form into 2 (4-inch) patties, pressing down slightly in the center of each one with your thumb.



2. Make broccoli slaw

In a large bowl, whisk to combine **2 tablespoons each of vinegar and mayonnaise**, **1 tablespoon oil**, **½ teaspoon each of salt and sugar**, and **a few grinds of pepper**. Finely grate **1 large garlic clove** into **dressing**; whisk to combine. Add **broccoli** and **half of the chopped onions** and toss to combine.



5. Grill burgers

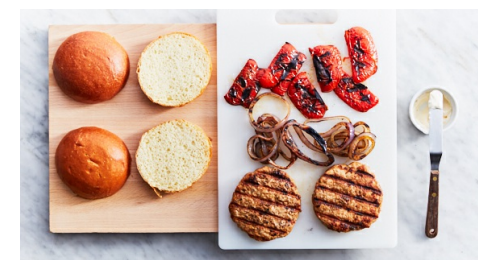
Push **vegetables** to the side to make room, if necessary. Brush **burgers** with **oil** and add to grill or grill pan, indentation side up. Cook without disturbing until lightly charred on the bottom, about 6 minutes. Flip and grill until cooked through, about 6 minutes more. (Watch closely and reduce heat if necessary.)



3. Season & grill vegetables

Heat a grill pan over medium-high, if using.

Brush **onion slices** and **peppers** with **1 tablespoon oil** and **½ teaspoon taco seasoning**. Add to grill or grill pan and cook over medium heat, turning, until tender and charred in spots, 14-16 minutes (watch closely). Transfer to cutting board and slice peppers into 1-inch strips. Separate onion into rings.



6. Build burgers & serve

Split **buns** open (toast, if desired) and spread **remaining mayonnaise** on the bottom halves. Place **peppers** on **buns** and top with **chicken burgers** and **onions**. Close and cut in half, if desired. Serve **chicken burgers** with **broccoli slaw** alongside. Enjoy!