Ground Chicken Burger Recipes

Ground chicken burgers stay tender with finely grated onion and a little mayonnaise in the patties. Chill the shaped burgers briefly, then cook them to 165°F (74°C).



PREP	COOK	TOTAL	SERVES	LEVEL
15 min	15 min	40 min	4	Easy

INGREDIENTS

- 1 lb (454 g) ground chicken
- 1/3 cup (20 g) panko breadcrumbs
- 2 tbsp (30 g) mayonnaise
- 2 tbsp (25 g) finely grated onion, excess liquid squeezed out
- 1 garlic clove (3 g), minced
- 1 tbsp (4 g) chopped parsley
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (15 ml) neutral cooking oil
- 4 burger buns (about 240 g)
- 4 lettuce leaves and 4 tomato slices

VARIATIONS Herb: replace parsley with 1 tsp dried thyme. Cheese: melt one slice vegetarian Cheddar on each cooked burger. Avocado: add sliced avocado when assembling.

NOTE Use plain ground chicken rather than seasoned chicken sausage. Squeeze the grated onion lightly; very wet onion makes soft patties difficult to turn.

DIRECTIONS

1. Mix chicken, breadcrumbs, mayonnaise, onion, garlic, parsley, salt and pepper just until combined.
2. With damp hands shape four patties about 3/4 inch (2 cm) thick. Refrigerate for 10 minutes.
3. Heat oil in a nonstick skillet over medium heat. Cook burgers for about 5-6 minutes on the first side without pressing them down.
4. Turn carefully and cook 4-6 minutes more, until a thermometer inserted from the side into the center reads 165°F (74°C).
5. Toast buns if desired and assemble with lettuce and tomato.

FOOD SAFETY & STORAGE Refrigerate leftovers within 2 hours in shallow covered containers at 40°F (4°C) or colder; use within 3–4 days. Reheat ground chicken to 165°F (74°C); freeze airtight portions for up to 2 months.