



Greek Inspired Chicken Burgers

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- ¼ red onion, grated
- 1 egg
- ½ cup panko breadcrumbs
- 1 tablespoon milk
- ½ tablespoon lemon juice
- 1 tablespoon O&V [IGP Balsamic vinegar](#) *
- 4-6 cloves garlic, minced
- 1 tablespoon minced parsley
- 3 tablespoons O&V **Greek Herb Mix** *
- ½ teaspoon smoked paprika
- ½ teaspoon black pepper
- ¼ teaspoon chili flakes
- 1 lb ground chicken
- 2 -4 tablespoons [Roasted Garlic oil](#) *

Serving accompaniment suggestions

- [Tzatziki](#) sauce *
- Pickled red onions
- [Kalamata olives](#) *
- Slice of feta cheese
- Hummus
- Lettuce
- Sliced Tomatoes
- Sliced Cucumbers

Preparation

Grate onion on the largest holes of a grater and into a bowl (collecting all the juices too). Whisk in the egg.

Add the remaining ingredients listed above from breadcrumbs through to chili flakes and mix well. Add the ground chicken or turkey and combine gently until the breadcrumb mixture is well distributed into the meat, but don't overmix.

Gently divide into 4 and make patties. Heat Roasted Garlic oil in a skillet over medium heat and cook the patties for 4 minutes on each side, or place on a baking sheet in a 400F oven for 15 minutes (if baking in the oven, drizzle them with the roasted garlic oil before placing in the oven)

Remove and serve on toasted buns with your choice of serving accompaniments

Serves 4

Active time 30 minutes Total Time: 40 minutes

Chef Tips

There are endless ways to serve these burger patties -- place them in pita bread with a smear of hummus, some feta and red onion, or over a salad using the tzatziki sauce as the dressing, or as a traditional burger with lettuce and tomatoes.

Notes

* [IGP Balsamic](#) adds a delicious tang to the burger along with the tremendous flavors from the **Greek Herb mix**. You can use any high quality balsamic or balsamic based vinegar including our [Red Onion vinegar](#). If you prefer to create your own herb mix, email me for a recipe that uses a myriad of spices that bring out that Greek inspired flavor profile.

The [Roasted Garlic Oil](#) provides great garlicky flavor, but feel free to use a plain oil, but remember to add a little additional garlic to the burgers.

I love to serve this with our [Kalamata Olives](#), and easy [Tzatziki Sauce](#). Just remember that good ingredients make the dish!

All highlighted products are available at [Oil & Vinegar stores](#).

Categories: Entrée, Easy Lunch, Unflavored EVOO, Roasted Garlic Oil, IGP Balsamic, Greek Herb Mix, Kalamata Olives, Tzatziki Sauce, Greek Burger, Summer Grilling, Chicken Burger, Healthy, Grilling, BBQ