



Chicken hamburger a la York

Ingredients: (for 5 hamburgers)

Boneless chicken

500 grs.

Salt and pepper

to taste

Chopped garlic

1 clove

Chopped parsley

1 tablespoon

Egg

1 unit

Bread crumbs

3 tablespoons

Corn starch

1 teaspoon

York ham

5 slices

Mozzarella

5 slices

Vegetable oil spray

necessary amount

Preparation:

Process the Chicken. Put it in a bowl together with the parsley, the egg, salt and pepper, the bread crumbs and the corn starch. Wrap each ham slice with the mozzarella slice. Make squares of 5 cms. Put part of the chicken preparation in the BigCheff base. Add the ham and cheese square and cover with the rest of chicken preparation. Press and flatten the upper part. Spray the oil, cover and microwave for two minutes on high. Bread crumbs can be replaced by oatmeal. You can save time using finely chopped dehydrated garlic and parsley (provenzal).

