

Serves 5 • Serving size: 1 burger



PREP: 5 minutes
COOK: 10 minutes

date
me

Tupperware®

Hawaiian Chicken BURGERS

- 1 lb./455 g chicken breasts, large chunks
- 2 garlic cloves, peeled
- 1 small red onion, peeled and quartered
- 20-oz./570 g can pineapple slices
- ½ cup Swiss cheese
- ¼ cup plain breadcrumbs
- ½ tsp. coarse kosher salt

1. Fit Fusion Master™ with fine mincer disc. Place bowl underneath hopper.
2. Fill hopper with a small portion of chicken, and turn handle to begin processing.
3. Once there is space in the hopper, add garlic and half the onion. Continue to process, and as there is space in the hopper, continue adding chicken until it is all processed into bowl.
4. Add half the can of pineapple to the hopper, reserving 5 slices for garnish, and turn handle to process pineapple into bowl with chicken. Discard any extra pineapple juice left in the Fusion Master™.
5. Mix cheese, breadcrumbs and salt into chicken mixture in bowl.
6. Heat Chef Series 12"/30 cm Nonstick Griddle over medium heat.
7. Shape chicken mixture into 5 patties.
8. Place patties onto griddle and cook until brown on both sides and internal temperature reaches 165° F/75° C, about 4–5 minutes per side.
9. Keep warm until serving. Top with remaining pineapple slices and red onion, and add barbecue sauce or any other desired condiments.

Nutritional Information (per serving, patty only):

Calories: 210 Total Fat: 6g Saturated Fat: 2.5g Cholesterol: 70mg Carbohydrate: 14g Sugar: 9g Fiber: 1g Protein: 24g Sodium: 370mg Vitamin A: 4% Vitamin C: 10% Calcium: 15% Iron: 4%

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