



## Grilled Chicken Burgers

Oscar · 29/09/2024



### Prep Time

20 mins

### Difficult

Medium

### Servings

1 hr 20 mins

### Description

Try these grilled chicken burgers for a nice break from typical beef hamburgers. They're fairly simple to make, full of flavor, and quite delicious. I serve them on chive biscuits with tomato chutney. Eat to your heart's content.

### Ingredients

- - cooking spray - 1 medium onion
- chopped - 2 teaspoons minced garlic - 2 medium carrots
- chopped - 1 medium red bell pepper
- chopped - 1 medium tomato
- seeded and chopped - 1 cup fresh sliced mushrooms - 2 pounds ground chicken - ½ cup fresh bread crumbs - 1 large egg - 1 tablespoon seafood seasoning (such as Old Bay®) - kosher salt and ground black pepper to taste

### Instructions

1. Lightly spray a skillet with cooking spray and heat over medium heat. Add onion and sauté until translucent
2. about 5 minutes. Add garlic and cook until fragrant
3. about 30 seconds. Add carrots
4. bell pepper
5. tomato
6. and mushrooms; cook and stir until tender
7. 5 to 7 minutes. Remove from the heat and let cool completely
8. about 20 minutes. Preheat an outdoor grill for medium heat and lightly oil the grate. Mix ground chicken and cooled vegetables together in a large bowl. Add bread crumbs
9. egg
10. seafood seasoning
11. salt
12. and pepper; mix until well combined. Form mixture into eight patties. Cook on the preheated grill until no longer pink in the center and the juices run clear
13. 5 to 6 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).