



MARIA PARLOAS' BOSTON CHICKEN SLIDER



PREP TIME: 5 mins
COOKING TIME: 15 mins

INGREDIENTS:

- 1500g Aviko Rosti Mix
- 10 gluten-free burger baps
- 10 butterfly chicken breasts
- 300g red onion confit
- 30 slices of dill pickles
- 30 slices of plum tomatoes
- 300ml cream cheese or crème fraîche
- Salad leaves

ALLERGENS:

Sesame, milk (both can be omitted by serving the dish without the bun or butter)

METHOD:

1. Slice the skinless chicken breast in half horizontally, and bash out, making it 1cm thick.
2. Gently fry the chicken in a non-stick pan with a little oil.
3. Cut the bun in half and toast it.
4. Butter the bun, and place the lettuce, tomatoes and pickles on the base.
5. Pan fry the Aviko Rosti Mix until crispy and place these on the side of the plate next to the bun base.
6. Place the golden fried chicken breast on the top of the bun and top with the red onion confit then the cream cheese or crème fraîche, topped with the lid. Finally, serve the Aviko Rosti Mix on the side.

Serves 10



THIS MAY ALSO BE SERVED NAKED AS A SKINNY SLIDER WITHOUT THE BUN

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Toluna Research February 2015, 300 Sample Size