



Product Spotlight: Slider Buns from Abhi's

Abhi's products have reached cult status over the last 20 years and are available to purchase across Perth and from our Marketplace.



Smashed Chicken Meatball Sliders

Mini burgers that make a weeknight dinner hands-on and fun! Large chicken meatballs smashed in the pan, assembled in slider buns with shredded baby cos, avocado and a creamy chipotle dressing.



30 minutes



2 servings



Chicken

Add a side!

Serve a side of potato or sweet potato wedges, rounds or chips!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	42g	47g

FROM YOUR BOX

CHICKEN MINCE	300g
PANKO CRUMBS	20g
SHALLOT	1
BABY COS LETTUCE	1
AVOCADO	1
SLIDER BUNS	4-pack
CHIPOTLE MAYO	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

large frypan

NOTES

Pickle the shallot if you prefer! Any leftovers can be added to the mashed avocado.

You can add 1-2 tbsp butter to frypan when warming the burger buns for extra crust. Toast until golden, cut-side down.

No gluten option - slider buns are replaced with 2 burger buns and panko is replaced with quinoa flakes. Make 2 larger burger patties at step 4.



1. MAKE THE MEATBALL MIX

Combine chicken mince with panko crumbs, 1 tbsp finely chopped shallot, **1/2 tsp smoked paprika, salt and pepper** (see notes). Combine well. Set aside in the fridge while you prepare the other ingredients.



2. PREPARE THE FILLINGS

Thinly shred lettuce leaves.

Mash the avocado on a plate or in a bowl using a fork. Season to taste with **salt and pepper**.



3. TOAST THE BUNS

Cut the buns in half. Warm in a large dry frypan for 1-2 minutes (see notes). Set aside and reserve pan for step 5.



4. MAKE THE MEATBALLS

Use wet hands to form 4 equally large chicken meatballs.



5. COOK THE MEATBALLS

Reheat your large frypan with **oil** over medium-high heat. Add meatballs and cook for 4-5 minutes on each side or until golden and cooked through.



6. FINISH AND SERVE

Assemble sliders at the table with smashed chicken meatballs, shredded lettuce, mashed avo and chipotle mayo.



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