




**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

 4 servings

 Chicken

Add a side!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	31g	43g

FROM YOUR BOX

CHICKEN MINCE	600g
PANKO CRUMBS	40g
SHALLOT	1
BABY COS LETTUCE	1
AVOCADOS	2
SLIDER BUNS	2 x 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!

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 4 burger buns and panko is replaced with quinoa flakes (2x20g). Make 4 larger burger patties at step 4.



1. MAKE THE MEATBALL MIX

Combine **chicken mince** with **panko crumbs**, finely chopped **shallot**, **1 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 **avocados** 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 8 equally large chicken meatballs.



5. COOK THE MEATBALLS

Reheat your large frypan with **oil** over medium-high heat. Add meatballs (in batches if needed) 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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