Chicken Parm Burgers

Serves 4   **Prep 25 mins**   **Cooking 20 mins**   **Easy**

Ingredients

75g Panko breadcrumbs
30g Parmesan, grated
1 egg, beaten
2 tbsp plain flour, well seasoned
2 skinless chicken breasts
splash of olive oil
4 tbsp tomato and pasta sauce
a few leaves basil
1 ball mozzarella, sliced
4 ciabatta buns, toasted
2 tbsp mayonnaise
50g salad leaves

1. Heat the oven to 200C/ Fan 180C/ Gas 6. Mix the breadcrumbs and grated Parmesan and season. Put the egg and flour into separate bowls.

2. Butterfly the chicken breasts, cutting all the way through so you have 4 pieces. Cut each piece in two again, so you have 8 pieces in total/=.

3. Put the chicken pieces between sheets of baking paper and bash with a rolling pin until a similar thickness to the thin pieces. Dust in the flour, dip in the beaten egg, then coat in the Parmesan breadcrumbs.

4. Heat the oil in a no-stick pan. Cook the chicken pieces for 3-4 minutes on each side until crisp and golden.

5. Lift the chicken onto a baking sheet. Spoon over the tomato sauce, add some basil, then top with the mozzarella and more Parmesan. Bake for 10 mins, until the cheese is melted and bubbling.

6. Spread the toasted bun bases with the mayo, then add some salad leaves. Top with 2 pieces of chicken each and the bun tops.