

# Pulled Chicken Caprese Burger



**Serves 2    Prep 15 mins**

**Cooking 20 mins**

**Easy**

## Ingredients

### Pulled chicken

500ml vegetable stock  
1/2 bunch of basil leaves, + extra to serve  
1/2 lemon, sliced  
1 small onion, chopped  
1 large chicken breast, about 220g  
1 tsp tomato purée  
2 tsp honey  
2 tsp oregano  
2 tsp balsamic glaze

### For the buns

2 whole wheat buns  
1 tbsp tomato purée  
150g mozzarella, torn into pieces  
1 large tomato, sliced, to serve  
lettuce leaves, to serve

1. Heat the oven to 160C/ Fan 140C/ Gas 3. Put the vegetable stock, basil, lemon and onion in a pan and bring to the boil, then add the chicken breast. Cook, covered, on a low - medium heat for 12 - 15 minutes. Remove from the heat and allow the chicken to sit for a further 3 minutes. Remove from the pan and pull into strips using a fork. Add to a bowl along with the other pulled chicken ingredients and mix well.
2. Halve the buns and spread with tomato purée. Add more basil leaves, the mozzarella and bake for 3-4 minutes until melted. Fill the buns with tomato, lettuce and the chicken.