

Air-fry Chicken Burger

Courses: Main Dish

Categories: Air-Fry, Chicken

Ingredients

1 lb Raw boneless, skinless, chicken meat

Panko

Olive Oil

Salt

Pepper

Rosemary

Directions

Make sure to trim connecting tissue, ligaments from chicken meat before adding to the food processor. Combine chicken meat in a food processor. Add salt, pepper, rosemary to taste (I usually add couple tsp of each), drizzle with enough olive oil to add texture/flavor/moisture (I usually add about 1 TBSP). Blend meat until the meat is consistent, and mixed well. It will almost be a paste. Pour Panko onto a plate or flat surface, using a burger mold with an open bottom (make sure there is Panko in the bottom of the mold) press enough blended chicken meat into the mold to full the mold. Leaving the meat in the mold, flip it, and press the meat into the Panko again, this will cover both sides of the chicken patty when you are done. Move the formed patty to your air fryer cooking tray, repeat until tray is full (my cooking racks will hold 3, 1/2# burgers). **Cook each tray @400F for 13 minutes on Air-Fry setting (you may have to adjust the time and temp due to your air fryer). No need to flip the burgers, cook until internal temp is 165F.**

Notes

Add a slice of ham the sammich to create a nice twist. You can add anything to the meat mixture, Buffalo Sauce is good, so is BBQ sauce.