

Funky Chyck'n Burgers



Cooking instructions:

Fry in a lightly oiled pan over a medium heat for two minutes each side.

Alternatively, cook in a preheated oven at 180°C for 10-12 minutes.

If cooking from frozen, increase cooking time to 15-17 minutes. Cooking appliances vary – always ensure food is piping hot before serving.

Serving suggestion:

Serve in a bun with your favourite dressing. Add some chips and a simple coleslaw for a more substantial meal. Keep it simple and let the star of the show shine, or add a gourmet twist with a juicy fried portobello mushroom.

Nutrition info:

Breadcrumb Coating (**Wheat** Flour (Calcium Carbonate, Niacin, Iron, Thiamine), Rapeseed Oil, Water, Salt, Yeast), Water, **Wheat** Gluten, Chick Pea Flour, **Soy** Sauce (**Soy** Extract (Water, **Soybeans**, Salt, **Wheat**), Sugar, Salt, Acidity Regulator: Acetic Acid), Nutritional Yeast, Garlic Granules, Chicken Seasoning (Vegan), Onion Powder.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 100g serving
Energy	1064kJ 254kcal	1064kJ 254kcal
Fat	9.5g	9.5g
of which saturates	0.8g	0.8g
Carbohydrate	23g	23g
of which sugars	2.5g	2.5g
Protein	19g	19g
Salt	2.0g	2.0g