Juicy Chicken Burgers with Pineapple Salsa

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- For the burgers
- 1 egg
- 2 tbsp ground flaxseeds
- 2 tbsp gluten-free tamari sauce or coconut aminos
- 1 lb (450g) organic ground chicken
- 1 red onion, chopped
- 2 garlic cloves, chopped
- 1/4 cup sundried tomatoes or grape tomatoes halved
- 1/2 cup loosely packed fresh parsley, chopped
- For the pineapple salsa
- 1/2 fresh pineapple, peeled and cored and sliced into cubes
- 1 sweet red pepper, chopped
- 1/2 red onion, finely chopped
- 1/4 cup loosely packed fresh cilantro, chopped
- Juice from 1 lime
- 2 tbsp extra-virgin olive oil
- Sea salt and pepper
- Optional: 1 tsp dried hot chili flakes

Instructions:

1. Preheat grill to medium.
2. For the salsa, brush pineapple with olive oil and grill until lightly browned. Chop into small pieces. In a medium size bowl, combine with red pepper, onion, cilantro, lime juice, sea salt, and pepper. Place in fridge and let the flavours mingle for an hour or two.
3. For the burgers, in a large bowl whisk the egg and tamari or coconut aminos. Add the ground flaxseeds, chicken, onion, garlic, sundried tomatoes and parsley. Mix well. Form into 4 to 6 patties, depending how large you like your burgers.
4. Grill burgers for 15-20 minutes or until completely cooked. Serve with pineapple salsa and a big raw salad.

Notes:

If the burger seems too wet, you can add 2 more tbsp of flaxseeds. If you want to make this egg-free, just use 4 tbsp of flaxseeds total.