

## *Buffalo Chicken Burger*

Serves: 4      Print

### *Ingredients:*

For the Ranch Aioli:

- ½ cup mayonnaise
- 1 tbsp ranch dip mix
- 1 tbsp minced chives
- ½ tbsp lemon juice

For the Buffalo Chicken Burger:

- 1 lb ground chicken
- ¼ cup finely minced shallot (about 1 small shallot)
- 2 tbsp finely minced celery (about ¼ stalk)
- 2 tbsp matchstick carrots, finely minced
- ½ tsp salt
- 2 tbsp garlic buffalo sauce
- 1 tbsp avocado oil
- Bibb lettuce, to taste
- 4 sesame seed buns, toasted

### *Directions:*

1. Make the Ranch Aioli: To a small mixing bowl, add mayo, ranch dip mix, chives, and lemon juice. Mix well to combine. Set aside in the fridge to chill.
2. Make the Buffalo Chicken Burgers: To a mixing bowl, add ground chicken, shallot, celery, carrot, salt, and buffalo sauce. Mix gently until just combined. Form into 4 patties about ½ inch thick, and set aside on a parchment lined plate. Use your thumb to make a light indentation in the middle of each patty.
3. Heat avocado oil in a large non stick skillet over medium high heat. Place burgers in the skillet, and cook for 5-6 minutes per side until the internal temperature reaches 165 degrees.
4. Assemble the burger. Layer lettuce and chicken burger over the bottom buns. Schmear the top buns with ranch aioli, to taste. Close the sandwich with the top bun. Enjoy!

### *Recipe notes:*

\*We want our veggies minced really, really fine so they blend in nicely with the burger. If you think they're minced enough, run your knife through one more time.

\*These are not spicy at all, and the buffalo flavor is very subtle. If you like more heat, brush the tops of the burgers with a little more buffalo sauce once they come out of the pan.

\*You could certainly use a grill pan or an outdoor grill to cook these burgers, as well.