



Pulled chicken burger

20'
Hands on

60''
Hands off

25'
Cook Time

6
Portion(s)

2
Difficulty



Method

- In a mixer's bowl, add the milk and the yeast.
- Whisk until the yeast is dissolved into the milk.
- Set aside for 15 minutes.
- Add in the egg, flours, margarine, salt, and sugar.
- Beat with the hook attachment at medium speed for about 15 minutes, until the dough pulls away from the bowl's sides and is malleable.
- When it is ready, place the dough into a [bowl](#). Sprinkle some all-purpose flour and cover the bowl with plastic wrap.
- Let it rise for 30 minutes. When it is ready, start shaping your dough on a lightly floured surface.
- Divide the dough in 6 and shape into balls.
- Line a 30x40 cm [baking pan](#) with parchment paper and put in the buns by leaving a gap between them.
- Let the buns rise by covering them with a towel for 20-30 minutes.
- Preheat the oven to 190°C (374°F) set to fan.
- Remove the towel, brush the buns with the egg, and bake for 15-17 minutes, until golden.

For the filling

- In a [pot](#) over medium heat, add the chicken breasts along with the water, bay leaf, onion, and peppercorns. Let them boil for 40 minutes.
- Remove from the heat and let the chicken breasts slightly cool.
- Finely chop the breasts.
- Heat the olive oil in a [pan](#) over medium heat.
- Sauté the finely chopped chicken breasts for 2-3 minutes, until golden.
- Add the garlic cut into slices and sauté for 1 more minute.
- Add the canned tomatoes, the tarragon finely chopped, salt, pepper, and sauté for 2-3 minutes, until the tomato's juices are absorbed.
- Add the cheeses and mix with a wooden spoon, until they melt.
- Remove the [pan](#) from the heat.
- Cut the buns in half and divide them into crowns and heels.
- Put 2 tablespoons of the filling to the bottom of the bun (heel), cover with the second bun (crown), and serve.

Ingredients

For the buns

- 270 g milk, at room temperature
- 15 g yeast
- 1 egg
- 350 g all-purpose flour, + extra for dusting
- 150 g whole-wheat flour
- 50 g margarine
- 1 pinch salt
- 50 g granulated sugar
- 1 egg, for brushing

For the filling

- 750 g chicken breast fillet
- 1 liter water
- 1 bay leaf
- 1 onion
- 1 tablespoon(s) peppercorns
- 2 tablespoon(s) garlic
- 400 g canned tomatoes
- 2 tablespoon(s) tarragon, fresh
- salt
- pepper
- 100 g mozzarella, light
- 100 g gouda cheese, light

Διατροφικός πίνακας

Nutrition information per portion

637 Calories (kcal)	16.0 Total Fat (g)	6.2 Saturated Fat (g)	74.0 Total Carbs (g)
32%	23%	31%	28%
15.0 Sugars (g)	43.0 Protein (g)	6.0 Fibre (g)	0.99 Sodium (g)
17%	86%	24%	17%