

Spicy Chicken Burgers

Ingredients

- 4 chicken breasts
- 2 garlic cloves, crushed
- 1 tbsp Cajun seasoning
- $\frac{3}{4}$ tsp crushed chillies
- $1\frac{1}{2}$ tbsp olive oil
- 4 brioche buns (or other white buns), halved
- 1 Little Gem lettuce, leaves separated
- 2 medium tomatoes, sliced

For the slaw

- 1 large (around 100g) carrot, grated
- 1 tbsp chopped fresh coriander
- $\frac{1}{2}$ red onion, finely sliced
- 50g low-fat Greek-style yogurt
- 1 tsp Dijon mustard



Method

1. Put the chicken breasts between 2 pieces of clingfilm or non-stick baking paper. Bash with a rolling pin until 1.5cm thick.
2. Put the flattened chicken breasts in a large bowl and add the garlic, cajun seasoning, crushed chillies and olive oil. Stir to coat the chicken, cover and leave to marinate for 10 mins.
3. Meanwhile, make the slaw. Combine the carrot, coriander and red onion with the yogurt and Dijon mustard in a bowl. Season well and mix until fully combined. Set aside until ready to serve.
4. Put a griddle or a large frying pan over a high heat. Add the chicken breasts, in batches, and griddle on each side for 4-5 mins, until the chicken is cooked through.
5. Once the chicken is cooked, reduce the heat to medium. Toast the brioche buns, cut-side down, on the griddle pan for 1-2 mins.
6. To assemble the burger, place a few lettuce leaves on the bottom half of each bun, top with a few tomato slices, a spicy chicken breast and a spoonful of carrot slaw. Sandwich with the top half of the bun

Notes

Give your traditional chicken burger recipe a healthy makeover with this Cajun-spiced version. Layer up these spicy burgers with smoky, griddled chicken breasts and crunchy carrot slaw in a soft brioche bun for a tasty family treat.