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## Bollywood Chicken Burgers with Sweet Potato Wedges

Tonight, showing at a kitchen near you, it's our tribute to Bollywood! This mix of subcontinental flavours and the convenience of the western burger will have the crowd going wild. We've kept it classic with perfectly golden fries as a side. This meal will have you singing and dancing well into the night.



**Prep:** 10 mins

**Cook:** 30 mins

**Total:** 40 mins



level 1



helping hands



eat me early

### Pantry Items



Olive Oil



Sweet Potato



Bake At Home  
Burger Buns



Tandoori Paste



Greek Yoghurt



Chicken Breast



Tomato







Baby Spinach

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QTY	Ingredients
800 g	sweet potatoes, unpeeled & cut into fries
2 tbs	olive oil *
5	bake-at-home burger buns, left whole
1 ½ tbs	Tandoori paste (recommended amount) caution: spicy
1 tub	Greek yoghurt
4-5 fillets	chicken breast, sliced horizontally 
2	tomatoes, sliced 
½ bag	baby spinach, washed 

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	3370	Kj
Protein	60.5	g
Fat, total	24.4	g
-saturated	5.7	g
Carbohydrate	76	g
-sugars	19.5	g
Sodium	877	mg



**You will need:** chopping board, chef's knife, oven tray lined with baking paper, small bowl, BBQ grill plate or medium frying pan and tongs.

**1** Preheat the oven to 200°C/180°C fan-forced.

**2** Place the **sweet potato fries** in a single layer on the prepared tray and toss in half of the **olive oil**. Season with **salt** and **pepper**. Cook in the oven for **30 minutes** or until golden and tender. Add the **bake-at-home burger buns** to the oven for the last **5 minutes**.



**3** Meanwhile, combine the **Tandoori paste** and 2 tablespoons of the **Greek yoghurt** in a small bowl. Coat the **chicken breast** in the tandoori yoghurt mixture.

**4** Heat the remaining olive oil on a BBQ grill plate or medium frying pan over a medium-high heat. Cook the chicken breast for **3-4 minutes** on each side or until cooked through.



**5** To assemble, halve the warm burger buns and layer with the **tomato slices**, **baby spinach**, and chicken. Dollop with the remaining yoghurt and serve with the sweet potato fries.



**Did you know?** People have been enjoying yoghurt for at least 5,500 years!