



SPEEDY TANDOORI CHICKEN & SALAD BURGERS

with Coriander Yoghurt



GOOD TO BBQ

Throw this on the BBQ for a fun summer meal! See our cooking tips on the next page.



Chicken Thigh



Tandoori Paste



Cucumber



Coriander



Carrot



Cos Lettuce



Greek Yoghurt



Lemon



Bake-At-Home
Burger Bun



Hands-on: **15 mins**
Ready in: **20 mins**



Eat me early

Spice up your chicken burger with this tandoori rubbed version and your summer cooking won't be the same again! The delicious marinade gets lightly charred in the pan – or follow our tips on how to cook it on the BBQ to add even more flavour. With a crisp salad and creamy coriander yoghurt, this is a taste sensation that you'll quickly add to the must-cook list.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large frying pan**



1 ADD FLAVOUR TO THE CHICKEN

Add the **chicken thigh** to a medium bowl with the **tandoori paste** and a **drizzle** of **olive oil**. Season with **salt** and **pepper** and toss to coat.



2 COOK THE CHICKEN

In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **chicken thigh** and cook, turning occasionally, for **10-14 minutes**, or until browned and cooked through. Transfer to a plate to rest.

TIP: Don't worry if the tandoori paste chars, it just adds to the flavour!



3 PREP THE VEG

While the chicken is cooking, thinly slice the **cucumber**. Finely chop the **coriander**. Using a vegetable peeler, peel the **carrot** into ribbons (or grate if you'd prefer). Shred the **cos lettuce**. In a medium bowl, toss the carrot and cos lettuce together.



4 FLAVOUR THE YOGHURT

In a small bowl, combine the **Greek yoghurt**, **coriander**, a **good squeeze** of **lemon juice** and a **drizzle** of **olive oil**.

TIP: Add as much or as little lemon juice as you like, according to your taste! Season with **salt** and **pepper**.



5 HEAT THE BURGER BUNS

Place the **bake-at-home burger buns** on a plate and microwave for **1 minute**. Wash out the large frying pan. Return the large frying pan to a medium-high heat. Halve the bake-at-home burger buns and toast in the frying pan for **3-4 minutes** or until golden.

TIP: If you don't have a microwave, you can bake the buns straight on the wire rack at **180°C/160°C fan-forced** for **3 minutes**, or until heated through.



6 SERVE UP

Assemble your burger by spreading the bases with some of the coriander yoghurt. Top with a helping of salad, the tandoori chicken thigh and the cucumber. Finish by spooning over the remaining **coriander yoghurt**.

TIP: Dress any remaining salad with a drizzle of olive oil and balsamic vinegar and serve on the side.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
chicken thigh	1 packet	1 packet
tandoori paste	1 tub (50 g)	2 tubs (100 g)
cucumber	1	2
coriander	1 bunch	1 bunch
carrot	1	2
cos lettuce	1 bag	2 bags
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
lemon	1	2
bake-at-home burger bun	2	4

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2830kJ (676Cal)	487kJ (116Cal)
Protein (g)	45.9g	7.9g
Fat, total (g)	28.7g	4.9g
- saturated (g)	9.4g	1.6g
Carbohydrate (g)	52.2g	9.0g
- sugars (g)	14.3g	2.5g
Sodium (g)	1260mg	216mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

GOOD TO BBQ

If you're cooking on the BBQ, preheat the grill side to a medium-high heat. Cook the chicken for **8-12 minutes**, turning occasionally, or until cooked through. Halve the bake-at-home burger buns and grill for **3-4 minutes** or until golden.

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2018 | WK46



ENJOY!