

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





Cos Lettuce





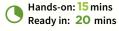
Greek Yoghurt

Lemon



Bake-At-Home Burger Bun

Pantry Staples: Olive Oil





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.

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



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.



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!



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.



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.



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.



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.

ENJOY!

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

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.

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