

## Sweet Chilli Chicken Burgers with Lemon Mayo & Cucumber

As the sweet chilli sauce starts to caramelise on your chicken burgers, you know there's some magic at work. Full of fresh flavours like coriander, cucumber and lemon zest, there's never a dull moment in this weeknight winner. What's the best bit, you ask? We can't decide!



Prep: 10 mins Cook: 15 mins Total: 25 mins



level 1



low fat



eat me early

## **Pantry Items**



Mayonnaise



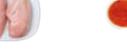
Lemon



Bake-At Home Burger Buns



Chicken Breast



Sweet Chilli Sauce





2P	4P	Ingredients	
2 tbs	4 tbs	mayonnaise *	
1/2	1	lemon, zested & juiced	#
2 fillets	4 fillets	chicken breast, halved horizontally	
3 tbs	6 tbs	sweet chilli sauce	
2	4	bake-at-home burger buns, left whole	
1	2	cucumber, peeled into ribbons	
½ bunch	1 bunch	coriander, leaves picked	<b>#</b>

	Ingredient features in another recipe
*	Pantry Items

Pre-preparation	l

Nutrition per serve					
Energy	2390	Kj			
Protein	44.6	g			
Fat, total	15.5	g			
-saturated	3.7	g			
Carbohydrate	56.2	g			
-sugars	22.5	g			
Sodium	1090	mg			



**You will need:** chef's knife, chopping board, zester, vegetable peeler, small bowl, tongs, medium frying pan, and a brush.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 In a small bowl, combine the **mayonnaise** and a pinch of the **lemon zest**. Set aside.



- 3 Coat the chicken breast fillets in two thirds of the sweet chilli sauce. Heat a dash of olive oil in a medium frying pan over a medium-high heat. Add the marinated chicken and cook for 2-3 minutes on each side or until cooked through. Add the lemon juice and then remove from the heat. Tip: Brush any remaining marinade on the chicken while it's cooking.
- 4 Meanwhile, place the **bake-at-home burger buns** in the oven for **5 minutes** or until heated through. Remove and halve.



5 To assemble the burgers, spread the lemon mayonnaise on the base of each bun. Top with the chicken, remaining sweet chilli sauce (caution: do not use excess marinade), cucumber ribbons and coriander. Place the remaining half of the burger bun on top and dig in!



**Did you know?** It is believed that the name "mayonnaise" was popularised by the French and came from the Spanish sauce originally known as "salsa mayonesa."