



Tandoori-Spiced Chicken Burger with Cooling Mint Yogurt

Tender tandoori-spiced chicken fillet layered on a soft burger bun with cooling Greek yogurt, fresh mint, mango chutney, crisp cucumber, cherry tomatoes, and a side of sweet potatoes for a perfectly balanced, flavor-packed burger.

Nutritional Info

Calories: 579 kcal
 Carbohydrates: 85 g
 Protein: 38 g
 Fat: 11 g

Ingredients

- Chicken Fillet
- Fresh Mint
- Sweet Potato
- Cucumber
- Cherry Tomato
- Greek Yoghurt
- Mango Chutney
- Brioche Bun
- Tandoori Masala

Your Pantry

- Olive Oil
- Salt
- Pepper

Allergens

Wheat (Brioche)
 Milk (Brioche, Yoghurt)
 Egg (Brioche)

Tandoori Masala may contain traces of nuts, peanuts, celery, sesame, gluten, sulphites

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Preheat the oven to 200°C

2) Make the chips

Cut the sweet potatoes into thin chips. Toss with a little oil, salt and pepper. Lay across a baking tray and place in the oven for around 30 minutes. While they cook move onto the next step.

3) Flavour and cook the chicken

Place the chicken in a bowl and drizzle with a little oil. Sprinkle over the tandoori spice mix with a little pinch of salt, then mix really well until the chicken is fully coated. Place on another baking sheet and put in the oven for 30 minutes or until cooked through and crisp.

4) Prepare the vegetables and the mint yoghurt

Slice the cucumber. Finely chop the mint. Mix some mint in with the yoghurt and set aside. Quarter the tomatoes and add to a bowl with a little olive oil. Then mix the remaining cucumber in with the bowl of tomatoes.

5) Toast the buns

6) Assemble the burgers

Spread the mint yoghurt on one side and the mango chutney on the other. Add the chicken, then close the burger.

7) Assemble the burgers

Serve the burgers alongside the sweet potato chips, remaining mint yoghurt, and tomato & cucumber salad. Enjoy!



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