

CAJUN CHICKEN BURGER

Prep + cook time: 30 minutes Serves: 4

Ingredients

2 chicken breast fillets (400g)	1 medium tomato (150g), chopped finely
2 tablespoons Cajun seasoning	1 shallot (25g), chopped finely
4 crusty bread rolls (200g)	½ small ripe avocado (100g), chopped finely
1/3 cup (95g) yogurt	50g (1½ ounces) mesclun
2 teaspoons finely grated lemon rind	

1. Cut chicken in half horizontally; sprinkle all over with seasoning. Cook on heated oiled barbecue (or grill or grill pan).
2. Meanwhile, cut rolls in half; toast, cut-sides down, on barbecue.
3. Combine yogurt and rind in small bowl.
4. Combine tomato, shallot and avocado in small bowl; season.
5. Sandwich mesclun, avocado mixture, chicken and yogurt mixture between rolls.

Tips

For fish burgers, replace the chicken with four 125g (4-ounce) firm white fish fillets.

