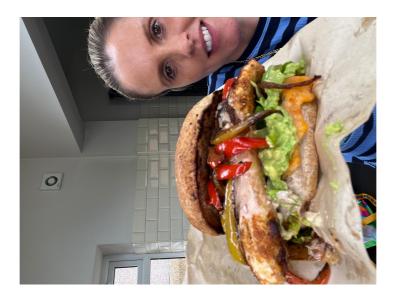


# Fajita Chicken Burgers



Serves	Prep Time	Cooking	Total Time	Calories
0 people	10 minutes	15 minutes	25 minutes	494 kcal

#### Stuff that's in it:

- Chicken
- 4 Chicken Breasts (Around 150G Each, Flattened)
  - 1 Tbsp Olive Oil
  - •1 Tsp Smoked Paprika
  - 1 Tsp Ground Cumin
  - 1/2 Tsp Mild Chilli Powder (Hot If You Prefer)
    - 1/2 Tsp Garlic Granuals
      - 1 Lime Zest And Juice
    - Pinch Salt And Pepper
      - Fajita Peppers
    - •1 Red Pepper (Sliced)
    - •1 Yellow Pepper (Sliced)
    - •1 Red Onion (Sliced Into Wedges)
      - 1/2 Tbsp Olive Oil
    - Pinch Smoked Paprika, Cumin, Lime Juice
      - Smoky Sauce
      - 3 Tbsp Plain Natural Yoghurt (Full Fat)

## • 1 Heaped Tsp Chipotle Paste

• Pinch Salt

## What you do:

- 1. Flatten the chicken breasts between baking paper until even, about 1–2cm thick.
- 2. Mix the olive oil, smoked paprika, cumin, chilli, garlic, lime zest and juice, salt and pepper. Rub over the chicken and leave to marinate.
- 3. Heat a pan with ½ tbsp oil. Add peppers and onion, season with paprika, cumin and lime, then fry until soft and charred.
  - 4. Stir yoghurt, chipotle paste and salt together for the smoky sauce.
- 5. Heat a griddle or non-stick pan until hot. Cook the chicken 3–4 mins each side until golden and cooked through.

Note: I used Eatlean chilli cheese here – it keeps the fat right down while still giving loads of flavour. If you swap for regular cheddar, add around +30 kcal and +3g fat per burger.

☐ Freezer friendly: No (best fresh)

☐ Vegetarian: No (but could swap in halloumi or tofu)

☐ Gluten-free: Use GF baps

- ☐ Batch-cook: Chicken and peppers can be cooked ahead and reheated
- 6. Toast the baps. Spread the base with avocado, stack the chicken, pile on peppers and onions, drizzle with smoky sauce, sprinkle with cheese, then top with the bun.

### Nutrition

· Carbs: 44q

• Fat: 14g

• Protein: 3g

• Fibre: 10g

• Saturated Fat: 3g

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