FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

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: 44g

• Fat: 14g

• Protein: 3g

• Fibre: 10g

• Saturated Fat: 3g

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