SHOPPING LIST

Chicken Burgers with Lemon Herb Yoghurt

Serves 4 burgers

For the patties

- [ ] 500 g chicken mince (thigh, if you can)
- [ ] 1 garlic clove, crushed
- [ ] 2 tbsp chopped parsley
- [ ] Zest of 1 lemon
- [ ] 3 tbsp breadcrumbs
- [ ] 1 egg
- [ ] 1/2 tsp salt
- [ ] 1 tbsp oil

For the yoghurt

- [ ] 150 g Greek yoghurt
- [ ] 1 tbsp lemon juice
- [ ] 1 tbsp chopped mint
- [ ] 1 small garlic clove, crushed

To build

- [ ] 4 burger buns
- [ ] A handful of rocket
- [ ] 1/2 cucumber, in ribbons
- [ ] 1 tomato, sliced

Tick off what you already have at home.