FRESH & COOL

Chicken Burgers with Lemon Herb Yoghurt

PREP	COOK	SERVES
20 min	12 min	4 burgers

Light, herby chicken patties with a cooling lemon and mint yoghurt, rocket and cucumber.

Ingredients

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

Method

1. Mix the chicken with the garlic, parsley, lemon zest, breadcrumbs, egg and salt. Shape into four patties with wet hands and chill for 20 minutes.
2. Stir the yoghurt, lemon juice, mint and garlic together.
3. Heat the oil in a pan over medium heat. Cook the patties for 5 to 6 minutes per side, until golden and cooked through with no pink inside.
4. Toast the buns. Spread with yoghurt sauce and build with rocket, cucumber, tomato and the patty.

> ### Cook's tip
> Wet hands and a short rest in the fridge stop the soft chicken mixture from sticking and falling apart.