

# Honey Chilli Chicken Burger with Coriander Sauce

No. of Serves: 4



## Ingredients

- 4 x (150g) small chicken breast fillets
- 2 tbsp. Jalna low fat Greek yoghurt
- 2 tbsp. Sriracha hot chilli sauce
- 1 tbsp. honey
- 1 clove of garlic, crushed
- 1 lime, rind finely grated and juiced
- Olive oil spray
- 4 wholegrain rolls, halved and toasted
- 1 baby butter lettuce, leaves separated and rinsed
- 2 tomatoes, thinly sliced

## Coriander Sauce

- 1/3 cup Jalna low fat Greek yoghurt
- 2 tbsp. chopped coriander
- 1 spring onion, finely choppe

## Nutrition Information (per serve)

Energy	1788.7kj (428 calories)
Protein	45g
Total Fat	6.9g
Carbohydrates	41.5g
Saturated Fat	1.8g
Sugars	14.3g
Dietary Fibre	7.1g
Sodium	771.4mg

## Method

1. Place the chicken fillets between two sheets of freezer wrap and pound with a rolling pin to flatten slightly.
2. Combine the Jalna, chilli sauce, honey, garlic and lime rind in a bowl. Add the chicken and coat well. (You can cover and refrigerate at this stage for a couple of hours or overnight).

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3. To make the sauce, combine the Jalna, coriander and spring onion in a bowl. Add 1-2 teaspoons of lime juice and season to taste with salt and pepper.
4. Preheat the BBQ grill or char-grill pan. Spray with oil spray. Cook the chicken for 203 minutes each side or until cooked through. Remove from heat.
5. Place the base of each roll on a serving plate. Top with lettuce, tomato and a piece of chicken. Spoon over the sauce and top with the remaining roll half. Serve.