



Cooking Made Easy

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The Big Belazu Coriander & Cumin Chicken Burger

We love a challenge and turning badly made fast food style dishes into something healthy, delicious and (dare we say it) a bit gourmet is our speciality. This week's Quick Dinner is this juicy chicken burger topped off with a beautiful Coriander and Cumin Paste from our friends at Belazu. Take that Colonel Sanders!

 30 min

 lactose free



Baby Gem Lettuce



Vine Tomatoes



Garlic Clove



Chicken Breast



Lemon



Ciabatta



Belazu Coriander and Cumin Paste

Ingredients

	2P	4P
Baby Gem Lettuce, chopped	1	2
Vine Tomatoes	2	4
Garlic Clove, diced	2	4
Chicken Breast	2	4
Lemon	½	1
Ciabatta 1	2	4
Belazu Coriander and Cumin Paste	2 tbsp	4 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten

Nutrition per serving: Calories: 562 kcal | Protein: 37 g | Carbs: 67 g | Fat: 14 g | Saturated Fat: 2 g



1

1 Pre-heat your grill to high. Coarsely chop all but two leaves of the baby gem lettuce and cut one of the tomatoes in six (fine) slices. Cut the other tomato in cubes.

Tip: *The easiest way to cube them is to cut the tomato in half, then each half in four slices and those slices straight down the middle.*

Peel and finely dice one and a half cloves of garlic (we'll use the leftover half later).



2

2 Place your hand flat on each chicken breast and slice through its side, to open it up like a book. You've just 'butterflied' your chicken!



3

3 Coat each chicken breast in ½ tsp of olive oil and the diced garlic. Sprinkle on a bit of lemon zest and a squeeze of lemon juice. Season them well with salt and pepper before grilling them for about 6 mins on each side.



6

4 To make the dressing simply mix 1 tsp of lemon juice, 2 tsp of olive oil and a pinch of salt and pepper. Mix the dressing in with the chopped lettuce and cubed tomatoes (keep the slices to the side for your sandwich!).

5 Once the chicken is cooked cut the ciabatta in half. Drizzle a little oil onto each slice and grill both sides until lightly toasted. Rub the little chunk of garlic you have left across the surface of the bread. Place your ciabatta halves back under the grill for 2 mins until they get a nice crunch.

6 Top one half of the ciabatta with a healthy spoonful of your Belazu Paste. Place your grilled chicken on top and your salad leaf and sliced tomatoes on the other half. Put the two halves together and set up a deck-chair in any available piece of outdoor space you can find.

7 Serve your sandwich with the salad on the side, gobble and go play a few games of frisbee.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!