



**BRAIN HEALTHY
COOKING**

Entrée

Tandoori Chicken Burgers with Creamy Mango Chutney



Ingredients

CHICKEN BURGER

- 1 ¾ LBS ground chicken
- 1 CUP whole wheat breadcrumbs
- 2 TSP ground cumin
- 2 TSP ground coriander
- 1 TSP ground ginger
- ½ TSP garam masala
(ground spice blend)
- 2 TBSP plain yogurt
- 1 TBSP lemon juice
- 1 clove garlic
- 1 TBSP parsley, finely chopped

CREAMY MANGO CHUTNEY

- ⅓ CUP mango chutney
- 2 TBSP plain yogurt

Serves 6

Directions

1. Place all burger ingredients in a large bowl and combine thoroughly
2. Divide and shape into 6 patties
3. Refrigerate patties while you make creamy mango chutney
4. Combine the mango chutney and yogurt together, refrigerate until required
5. Heat fry pan or grill and brush lightly with oil
6. Cook patties over medium-high heat for 6-7 minutes each side or until cooked through, turning only once
7. Add the eggs and cook over medium heat, stirring gently, until set, 3 minutes
8. Serve with chutney on a Multi Grain roll or Whole Wheat roll, add lettuce leaf or arugula leaves and enjoy

