



Chicken Halloumi Burger

Ingredients

- 2 skinless chicken breasts
- 1 tbsp cooking oil (plus extra for frying halloumi, if needed)
- 4 tbsp piri-piri sauce (or any mild chili sauce), plus extra for drizzling
- Juice of ½ lemon
- 2 burger buns, halved
- 250g lighter halloumi, sliced into 8 pieces
- ¼ small white cabbage, finely shredded
- 2 tbsp mayonnaise
- 4 tbsp hummus, tzatziki, or sour cream & chive dip
- A handful of rocket or 4–8 soft lettuce leaves
- 2 large roasted red peppers (from a jar), drained and sliced

Instructions

1. Prep the Chicken:

Butterfly or flatten the chicken breasts slightly for even cooking. In a bowl, toss the chicken with oil, piri-piri sauce, and lemon juice. Season with a little salt and pepper.

2. Cook the Chicken:

Heat a grill pan or skillet over medium-high heat. Cook the chicken for 4–5 minutes per side until golden and fully cooked through.

3. Fry the Halloumi:

In the same pan (or a clean one), lightly oil and fry the halloumi slices for 1–2 minutes per side until golden and crisp.

4. Build Your Burger:

Lightly toast the burger buns. Spread mayonnaise on the bottom half and hummus or dip on the top half. Layer in shredded cabbage, rocket or lettuce, grilled chicken, halloumi, roasted red pepper slices, and an extra drizzle of piri-piri sauce if desired.

5. Serve Immediately:

Press the buns together and serve warm with chips or a side salad.

Nutrition Facts (per burger, serves 2)

- Calories: 610
- Total Fat: 32g
 - Saturated Fat: 13g

- Cholesterol: 115mg
- Sodium: 1100mg
- Total Carbohydrates: 38g
 - Dietary Fiber: 4g
 - Sugars: 6g
- Protein: 44g
- Calcium: 35% DV
- Vitamin C: 45% DV
- Iron: 15% DV
- Potassium: 700mg