

Churrasco Chicken Burgers



Serves 2 Prep 15 mins

Cooking 15 mins

Easy

Ingredients

2 small skinless chicken breasts
1/2 orange, juiced
1 tsp golden caster sugar
1/2 tbsp olive oil
4 slices of Swiss or Cheddar cheese
1 roasted red pepper (split into 2 large pieces)
2 ciabatta buns, toasted
lettuce leaves
Chinese leaf, shredded
1/2 lemon juiced
1 tbsp olive oil

1. Cut the chicken breasts in half so you will have 2 similar sized pieces that fit in your bun and gently bash the thicker pieces to flatten.
2. Mix the orange, sugar and oil with some seasoning, then add the chicken and marinade for at least 15 mins (30 if you can)
3. Finely shred the Chinese leaf (on a mandolin if you have one). Mix with the lemon juice and olive oil and keep in the fridge until you start eating.
4. Heat a griddle pan or heavy frying pan until hot. Cook the chicken for 4-5 minutes each side until it's cooked through. Add a slice of cheese to the top of the chicken and let it wilt a bit or pop it under the grill briefly.
5. Put some lettuce leaves and a slice of red pepper on each bun and top with the chicken, some shredded Chinese leaf and the bun lids.