

Greek Chicken Burger



Serves 2 Prep 10 mins Cooking 10 mins Easy

Ingredients

2 skinless chicken breasts
olive oil
2 tsp dried oregano
1/2 lemon, zested and juiced
6 tbsp Greek yoghurt
1/2 cucumber, seeded and grated
bread bun, toasted
iceberg lettuce, shredded
feta, crumbled to make 2 tbsp
tomato slices
red onion slices (optional)

1. Butterfly the chicken by cutting horizontally through the breast and opening it out.
2. Whisk 1 tbsp oil with the oregano, lemon zest and a squeeze of lemon juice, and season. Pour over the chicken, in a dish, and leave while you make the tzatziki.
3. Mix the yoghurt, remaining lemon juice, and cucumber and season.
4. Heat a griddle pan to very hot and sear the chicken for 4 - 5 mins on each side, until cooked through.
5. Spoon the tzatziki onto the bun base, add the shredded lettuce, top with the grilled chicken and feta, tomato and onion slices. Sandwich on the bun to serve.