



Tandoori Chicken Burger

with Raita & Tomato Salad



30-40min



2 Servings

No grill or grill pan, no problem! Preheat broiler with a rack in the top position. Transfer burgers to a rimmed baking sheet and broil on top oven rack until well browned and cooked through, about 3 minutes per side. Broil buns directly on top oven rack until warm and toasted, about 1 minute. (Watch closely as broilers vary.)

What we send

- 1 red onion
- 1 cucumber
- ¼ oz fresh cilantro
- 10 oz pkg ground chicken
- ¼ oz tandoori spice
- 1 lime
- 4 oz Greek yogurt ¹
- 2 potato buns ^{1,2,3}
- 2 plum tomatoes

What you need

- kosher salt & ground pepper
- sugar
- olive oil

Tools

- grill or grill pan

Allergens

Milk (1), Sesame (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 23g, Carbs 49g, Protein 46g



1. Prep ingredients

Halve and finely chop **half of the onion**, then thinly slice the remaining half. Core **tomatoes**, then cut into ½-inch pieces. Trim ends from **cucumbers** (peel, if desired), then thinly slice half into rounds; finely chop remaining cucumber. Pick **cilantro leaves** from **stems**; finely chop stems, and coarsely chop leaves, keeping them separate.



4. Grill burgers

Heat a grill or grill pan to medium-high. Brush grill lightly with **oil**. Add **burgers** to grill or grill pan and cook, flipping once, until well browned and cooked through, about 4 minutes per side.

(See front of recipe card for broiler cooking instructions.)



2. Make burgers

In a medium bowl, combine **ground chicken**, **cilantro stems**, **finely chopped onions**, **1½ teaspoons tandoori spice blend**, **¾ teaspoon salt**, **¼ teaspoon sugar**, and **several grinds of pepper**. Knead gently to combine and form into 2 (4-inch) patties.



5. Grill buns

Split **buns** in half and transfer to grill or grill pan. Toast until golden, about 30 seconds–1 minute per side (watch closely).



3. Make tomato salad

Squeeze **about 2 tablespoons lime juice** into a second medium bowl. Add **tomatoes**, **sliced cucumbers**, **sliced onions**, **chopped cilantro leaves**, and **2 tablespoons oil**. Toss to combine and season to taste with **salt** and **pepper**. Set aside until ready to serve.



6. Finish & serve

In a third medium bowl, combine **yogurt**, **chopped cucumbers**, and **1 teaspoon oil**; season to taste with **salt** and **pepper**. Serve **burgers** on **buns** topped with a **dollop of the yogurt sauce**. Serve **tomato salad** and **remaining yogurt sauce** alongside. Enjoy!