



**BRAIN  
HEALTHY  
COOKING**  
program

# 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 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

