

GRILLED CHICKEN, BACON, AVOCADO & RED PEPPER BURGER WITH PINK SAUCE



MINUTES TO PREPARE
5



MINUTES TO COOK
25



SERVES
2

INGREDIENTS

2 chicken breasts, sliced open horizontally through the middle and opened like a book

4 rashers of smokey bacon

1 avocado, halved and stone removed

1 red pepper, halved and core and seeds removed

2 wholemeal buns

2 tablespoons Greek yoghurt

1 tablespoon ketchup

1/2 teaspoon Worcestershire sauce

Drizzle of rapeseed oil

Juice of 1/2 a lemon

Salt and pepper

LET'S GET COOKING

- 1 Preheat the grill or oven to 200/400/gas 6.
- 2 If you have a roasting tray with a rack, use it. Line the roasting tray with baking parchment and place the rack on top. Place the chicken breast opened like a book on the rack, along with the bacon rashers and red pepper halves. Drizzle the chicken and red pepper with oil and lemon juice, and season well with salt and pepper.
- 3 Place under the grill or in the oven for 20 minutes, turning the chicken, bacon and red pepper half way through.
- 4 Meanwhile, place the avocado in a bowl and mash lightly with the back of a fork. In another bowl, mix together the Greek yoghurt, ketchup, Worcestershire sauce, a squeeze of lemon, a drizzle of oil and salt and pepper.
- 5 Slice open the burger buns and spread over a teaspoon of sauce. Then layer the chicken, bacon, red pepper, smashed avocado and finally plenty of the pink sauce. Finally place on the top half of the burger bun and enjoy!

"If you fancy a healthful and wholesome burger, then here's your meal. It's much less faff than making beef burgers as there's no mixing involved. Just a selection of beautifully grilled ingredients, an avocado and some delicious pink sauce. This, to me, is a match made in yummy heaven. I hope you like it too!"