

Cajun Chicken Burgers With Jalapeno Guacamole

I cooked this for the first time last week and have already made it for a second time this week as it went down so well in our house. I hope you enjoy it. It's super quick to make, high in protein, good fats and low in calories too.

I kept this as an open burger (using only the bottom half of the bun to keep carbs lower) and used high protein gluten free buns but any will do if you are happy to eat bread. If you are avoiding bread then eat the chicken topped with the guacamole without any bread. It doesn't need to be a burger



This is based on a recipe for 2 people so just adjust accordingly.

- 2 chicken breasts
 - 1 tablespoon groundnut oil
 - 1 tsp paprika
 - 1tsp ground coriander
 - 1 tsp ground cumin
 - ½ tsp celery salt
 - 2 ripe avocados
 - 5/6 slices of jalapenos from a jar (more or less depending on how much heat you like), diced up small
 - ½ clove garlic, diced as small as you can get it
 - 1 tomato, diced
 - Juice of ½ lime
 - Handful of spinach
 - 2 slices of cheese (I used mozzarella)
 - 2 buns (if using)
1. First, preheat your oven to 170°C.

2. You need to place your chicken breasts, one at a time, between 2 layers of cling film and, using a rolling pin or something similar, gently flatten the chicken. You want the chicken to cook evenly so try to get it so that it's all roughly the same thickness. Do this with both chicken breasts. They should end up approx. 1 and ½ centimetres thick.
3. Place the chicken into a large bowl and sprinkle over the 4 spices; celery salt, cumin, coriander and paprika. Gently massage this into the chicken, until both sides are thoroughly coated. Add the oil and massage again.
4. Place the chicken on a tray and pop this into the oven. This will only take 15 mins to cook.
5. While the chicken is in the oven, you can make a start on your guacamole. Place your diced tomatoes, diced jalapeno, diced garlic and lemon juice into a bowl and mix up.
6. Remove the avocado from its skin and dice this too. I like this chunky but you can mash the avocado right down if you prefer. Mix this into the tomato mix. The lime juice will prevent the avocado turning brown too quickly so you can put this to one side while the chicken finishes cooking.
7. 2 mins before the chicken is done, lay your cheese over it to melt and place your sliced bun in the oven to toast a little.
8. Assemble your burger! Start with the bottom of the bun which should be toasted slightly and crisp, add some spinach leaves, then the cheesy chicken and top with half of the avocado mix.
9. Add the top of your bun if you wish or keep this open and dive in. It's messy, juicy and delicious.