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Barbecued Cajun chicken burgers

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SERVES 4 PREP 20 mins COOK 15 mins EASY

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8 skinless and boneless chicken thighs
1 lime, juiced
burger buns and coleslaw, to serve (optional)

For the spice mix

1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp smoked paprika
2 tsp dried oregano
1 tsp light brown sugar
pinch or two of chilli powder, depending on how hot you want it

1 Mix the spice mix ingredients together with a good grinding of black pepper and a sprinkling of salt. Put the chicken thighs on a board, open them out, lay a piece of baking parchment over them and bash to an even thickness using a rolling pin. Tip the chicken, lime juice and spice mix into a plastic container and massage the spices into the chicken with your hands until evenly coated. The chicken is now ready to cook but the longer you leave it to marinate, the tastier it will be. Chill for up to 24 hrs.

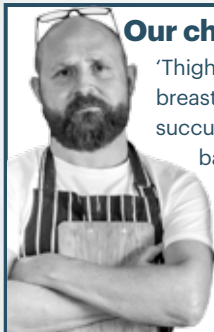
2 Heat a barbecue, griddle pan or grill, then cook the chicken for 5-6 mins on each side until cooked through and lightly charred. Serve in burger buns with coleslaw, if you like.

GOOD TO KNOW gluten free

PER SERVING 202 kcals • fat 11g • saturates 3g • carbs 2g • sugars 1g • fibre 2g • protein 23g • salt 0.2g



Our chef's secret twist



'Thighs are not only cheaper than breast, they also keep their succulence a lot better when barbecuing, especially as you want to char them slightly to give them a smoky flavour. The same spice mix doubles as a fajita seasoning – just leave out

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