

Tandoori Chicken Burgers

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-chicken-patty-recipe>

Ingredients:

- chicken burgers Tandoori
- 1 1/2 pounds ground chicken breast
- 4 green onions
- 3 tablespoons fresh ginger grated
- 2 tablespoons lemon juice
- 1 tablespoon paprika
- 2 teaspoons cumin
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon cayenne pepper
- salt
- pepper
- naan bread
- cucumber
- cilantro
- red onion sliced thinly
- sauce Yogurt
- 1 container plain Greek yogurt fat free
- 1 tablespoon fresh mint chopped
- 2 teaspoons cumin
- 1 tablespoon fresh lemon juice
- salt
- pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 145 milligrams
4. Fat: 16 grams
5. Fiber: 5 grams

6. Protein: 33 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 700 milligrams
 9. Sugar: 5 grams
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