



Chicken Halloumi Burger

Ingredients

- 2 skinless chicken breasts
- 1 tbsp oil (plus a little extra for frying halloumi, if needed)
- 4 tbsp piri-piri sauce or mild chili sauce, plus extra for drizzling
- ½ lemon, juiced
- 4 burger buns, split
- 250g lighter halloumi, sliced into 8 pieces
- ¼ small white cabbage, finely shredded
- 2 tbsp mayonnaise
- 4 tbsp hummus, tzatziki, or soured cream & chive dip
- Handful of rocket or 4–8 soft lettuce leaves
- 2 large roasted red peppers (from a jar), drained and sliced

Instructions

Step 1: Flatten the Chicken

Place the chicken breasts between two sheets of baking paper and gently bash them to 1cm thickness using a rolling pin. Cut each breast into two even pieces.

Step 2: Cook the Chicken

For frying: Heat a pan with 1 tbsp oil over medium-high heat. Cook the chicken for 3–4 minutes per side, until golden and cooked through. Reduce the heat, add half the lemon juice and the chili sauce, and cook for 1–2 minutes more until glazed.

For air-fryer: Preheat to 180°C. Air-fry the chicken for 12 minutes, then drizzle with chili sauce and lemon juice and cook for 1–2 minutes more.

Step 3: Toast the Buns & Cook Halloumi

Toast the burger buns in a dry pan for 30 seconds, or warm them in the air-fryer for 1–2 minutes. Increase the air-fryer to 200°C and cook the halloumi for 10 minutes, flipping halfway, until golden and crispy.

Step 4: Prep the Slaw

Mix the shredded cabbage with the mayo and remaining lemon juice. Set aside.

Step 5: Build the Burgers

Spread hummus or your dip of choice on the bun bases. Layer with rocket or lettuce, chili-glazed chicken, crispy halloumi, and roasted red peppers. Drizzle with extra chili sauce, top with cabbage slaw, season with black pepper, and close with the bun lids. Serve any extra slaw on the side or with a fresh green salad.

