



Halloumi Burgers with Chilli Mayo

Ingredients

- 225 g 30% Less Fat Halloumi
- 2 Courgette
- 2 tablespoons Olive Oil
- 1 Clove Garlic
- 1 pinch Pepper
- 0.5 teaspoon Thyme
- 4 tablespoons Light Mayonnaise
- 4 tablespoons Maggi Chilli Sauce
- 4 Brioche burger buns
- 1 bag Mixed Leaf Salad
- 2 Tomato

Instructions

1. Peel onions and cut into thin slices. Wash and slice tomatoes.
2. Wash the courgettes and slice lengthwise, about 0.5cm thick. Slice the halloumi into similar slices.
3. Peel and crush the garlic clove. Mix the olive oil, garlic with a little salt and pepper and thyme and brush onto the sliced courgette and sliced halloumi. Heat a griddle pan or barbecue to moderate and cook the halloumi and courgette until golden brown.
4. Split the buns in half and toast for a few seconds on the hot griddle or barbecue. Spread the bun halves with the chilli mayo and top with tomatoes, courgette, lettuce, halloumi and onions and tuck in!

Nutrition

Carbohydrate	45.45 g
Energy	459.88 kcal
Fat	21.76 g
Fibre	4.41 g
Protein	21.1 g
of which: saturates	8.76 g
Sodium	1174.99 mg
of which: sugars	15.47 g

30 Minutes

4