



PESTO CHICKEN BURGERS WITH APPLE CARROT SLAW AND ROASTED YAMS

FAST. EASY. FRESH.

1. Preheat your oven to 400°F. Wash the **yam**, then slice them into 1/4" thick slices. Toss them in a bowl with the 2 Tbsp. **olive oil** and the **Cajun spice**. Lay them on a parchment lined baking tray, and roast them in the oven for 17-20 minutes or until tender. Remove and set aside.

2. Meanwhile, peel the **carrot**, then core the **apple**. Shred both using a box grater. Place them in a strainer, squeeze out all the excess juices, then transfer them to a bowl and toss with the **lemon juice** and ¼ tsp. **sea salt**.

3. In a bowl, combine the **pesto** and the **mayonnaise** and mix well. Set aside. Cut the **avocado** in half, remove the core, scoop out of the shell, and then slice each half thinly. Set this aside also.

4. Next, take your **chicken breast** and cut it into 6 slices, on a bias. Season with ¼ tsp. sea salt and ¼ tsp. **black pepper**. In a pan, heat 1 Tbsp. **canola oil** until nearly smoking, add the **chicken** to the pan, and sear on each side for 3-4 minutes or until it is fully cooked and golden brown.

5. To assemble, Spread the **pesto mayo** on the bottom half of the **brioche buns**. Scoop the apple carrot slaw on the bottom of each bun. Top with 3 chicken slices each. Next, place half of an **avocado** (sliced), on each, and top with the **mixed greens**.

6. Serve alongside the roasted yams. Enjoy!

Ingredients (2 Person Serving – 994 Calories Per Serving)

Carrot	1	Yam	1 Large
Apple	1	Olive Oil	2 Tbsp.
Lemon Juice	1 tsp.	Cajun Spice	1 Tbsp.
Sea Salt	½ tsp.	Pesto	1 Tbsp.
Chicken Breast	200 g	Mayonnaise	3 Tbsp.
Canola Oil	1 Tbsp.	Avocado	1
Black Pepper	¼ tsp.	Mixed Greens	30 g
		Brioche Buns	2



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Minute
Cook
Time!