Columbia Grain™

CULTIVATING GROWTH™

RECIPE
Chicken Tikka Masala Burger
Indian-Spiced Ground Chicken and Split Pea Burger

Experience fresh new global cuisine with this Indian-spiced ground chicken burger featuring nutrient-dense split peas.

INGREDIENTS

FOR THE TIKKA MASSALA PATTIES:

- ½ cup yellow split peas, or Heirloom lentil mix (dry)
- Water, (to cover)
- 1 lb ground chicken
- 4 tbsp finely chopped red onion
- 4 tbsp chicken tikka paste
- ½ tsp turmeric
- ½ tsp ground cumin
- 1 tsp paprika
- 1 pinch ground cinnamon
- 1 tsp chili flakes
- 2 tsp honey
- 1½ tsp salt
- 4 tbsp canola oil or butter
- ⅓ cup mango chutney

FOR THE RAITA:

- 8 oz plain Greek yogurt
- 1 oz finely chopped sweet onions
- 1 clove finely minced crushed garlic
- 6 tbsp English cucumber, sliced thinly
- 1 tbsp lemon juice
- ½ tsp salt
- 2 tbsp fresh shredded mint leaves
- 1 tbsp shredded green chilies

FOR THE PICKLED ONIONS:

- ¼ cup rice wine vinegar
- 2 red onions
- 2 tbsp sugar
- 1 tbsp salt

FOR ASSEMBLY:

- 4 brioche buns or packaged naan bread
- ½ cup mango chutney

INSTRUCTIONS

FOR THE TIKKA MASSALA PATTIES:

1. Cover the split peas with cold water and a pinch of salt.

2. Cook for 10 minutes or until tender but still slightly crunchy.

3. Drain well and spread on a paper towel to remove any excess water.

4. Mix the ground chicken, red onion, garlic, chicken tikka paste, spices, honey, and salt.

5. Fold in the well-drained split peas or lentils.

6. Shape into four equal patties, and refrigerate for at least 30 minutes or longer.

7. Heat a non-stick skillet. Add 2 tbsp canola oil and 2 tbsp butter and heat until foaming.

8. Cook the patties about 5 minutes per side and until the interior of the patty registers 155°F internally.

9. Brush both sides of the patty liberally with Mango Chutney on both sides when done.

10. Keep warm in a very low oven (150°F) until ready to serve.