

Chorizo sliders with chipotle yoghurt

Ingredients: (Serves 4 as a canape)

- 1 chorizo, thinly sliced on an angle
- 1 red capsicum, cut into 7cm squares
- 4 brioche slider buns, halved
- ¼ cup reduced-fat Greek yoghurt
- 1 tablespoon chipotle sauce
- 1 cup rocket
- 2 teaspoons red wine vinegar
- 2 teaspoons olive oil

Method:

1. Heat a griddle or frying pan over medium-high heat. Cook chorizo for 1-2 minutes each side or until golden brown. Transfer to a bowl and return pan to the heat. Cook capsicum for 2-3 minutes each side or until charred and tender. Remove from pan and cook slider buns, cut side down, for 1 minute or until warmed through and lightly toasted.
2. Meanwhile, combine yoghurt with chipotle sauce. Toss with red wine vinegar and olive oil in a small bowl.
3. To assemble sliders, spoon chipotle yoghurt on the bottom halves of the buns. Top with chorizo, capsicum, rocket and other half of the buns.

Nutrition Information: (Per serve)

Energy: 620kJ (148cal)

Saturated Fat: 3.0g

Fibre: 2.0g

Protein: 9.2g

Carbohydrate: 4.8g

Sodium: 369mg

Total Fat: 9.8g

Sugars: 4.6g