

ASIAN TURKEY BURGERS

INGREDIENTS FOR BURGERS

- 2 T** Extra virgin olive oil
- 1** Onion (diced)
- Pinch** Kosher salt
- 2 cloves** Garlic (smashed) (finely chopped)
- 1 1/2 lb** Turkey (ground)
- 1/4 C** Soy sauce **OR** Coconut Aminos Teriyaki sauce
- 1 T** Chili garlic sauce
- 1 inch** Ginger (peeled) (grated)
- 1 can** Water chestnuts (8 oz) (sliced) (finely chopped)
Cilantro leaves (1/2 bunch) (fresh) (finely chopped)



OPTIONAL ADD-ONS

- 6** Whole-wheat burger buns
- 1/4 C** Low-fat Mayo **OR** Vegenaise mix with 2 t chili garlic sauce
- 6** Tomatoes (beefsteak)
- 6 slices** Onion (raw red)
- 6** Lettuce leaves (whole) (washed & dried)



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DIRECTIONS

- 1** Coat a large non-stick saute pan with half of the olive oil
- 2** Add the onions & season with a pinch of salt & bring to a medium heat
- 3** Cook the onions until they're soft & aromatic (7 - 8 minutes)
- 4** Add the garlic & cook for 1 to 2 minutes
- 5** Turn off the heat and let the onion & garlic mix cool
- 6** Reserve the pan to cook the burgers in later.
- 7** In a large mixing bowl, combine the turkey with all the remaining ingredients & the cooked onions & garlic
- 8** Blend the ingredients together until well combined & then form the mix into 6 equal burgers
- 9** Cook the burgers in the same pan you used for the onions or use a grill tray or an outdoor grill
- 10** Coat the pan or tray with the remaining olive oil, and bring to medium-high heat
- 11** Place the burgers in the pan or on the grill, being sure not to crowd them
- 12** Cook the burgers for 5 - 6 minutes & then flip them
- 13** Cover the pan or close the grill & cook for 5 more minutes or until cooked thru
- 14** A meat thermometer should register 165 F when inserted inside the burgers.
- 15** Serve with the optional add-ons

NOTES

- 1** Using a tray will ensure that you don't lose pieces of the burgers through the grill grates
- 2** Serves 6



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