

## THAI CHICKEN BURGERS WITH QUICK PICKLED CARROTS

Serves: 4

Cook Time: 30

Prep Time: 20



## THAI CHICKEN BURGERS

Ingredients:

- 1 lb ground chicken thighs
- 2 Tbsp olive oil
- 3 garlic cloves, minced
- 1 Tbsp ginger, minced.
- 2 shallots, minced
- 1 tsp Thai red chili pepper, finely minced and deseeded. (optional)
- 2 tsp fish sauce
- 1 Tbsp honey
- 1 Tbsp red curry paste
- 1 Tbsp ground coriander
- 1 Tbsp salt and pepper
- Butter lettuce, for serving
- Sliced English cucumber, for serving
- Sliced red bell pepper, for serving
- 4 brioche buns, or preferred type
- Lemongrass Mayo, for serving (recipe below)

In a large bowl, thoroughly mix the ground chicken with garlic, ginger, shallots, chili, honey, fish sauce, paste, salt, pepper, and coriander. Form mixture into 4 evenly sized burgers.

Heat your olive oil in a skillet over medium heat until hot.

Cook your burgers 4 to 6 minutes per side, until browned and cooked through. Serve on the bun along with desired toppings.

## LEMONGRASS MAYO

Ingredients:

- 1 cup mayonnaise
- 2 Tbsp sweet chili sauce
- 1 Tbsp finely minced lemongrass
- 1 Tbsp lime juice
- Salt and pepper to taste

Mix all the ingredients together and set aside.

## QUICK PICKLED CARROTS

Ingredients:

- 4 cups water
- 3 Tbsp sugar
- 1 Tbsp kosher salt
- ½ cup rice vinegar
- 1 deseeded jalapeno
- 1 cup rainbow carrots, peeled and sliced

In a stockpot combine water, sugar, salt, vinegar, and the jalapeno. Bring to a boil.

In a large heat proof bowl add sliced carrots.

Once the liquid has come to a boil remove from heat and discard the jalapeno. Pour hot liquid over your carrots. Allow liquid to cool. Serve immediately once chilled or place in the fridge until ready to use.

