



## Chicken Burger A La Teriyaki Recipe

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Preparation Time	15
Cooking Time	45
Serving Size	8

### Ingredients:

#### FOR THE SAUCE

- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 1/2 tsp ginger, grated
- 1 Tbsp garlic, minced
- 1/8 tsp pepper, black
- 2 Tbsp soy sauce
- 1 tsp calamansi juice
- 1 1/2 Tbsp sugar, brown

#### FOR THE BURGER

- 400 g chicken, thigh, ground
- 1/2 cup onion, chopped
- 1/2 tsp ginger, grated
- 2 Tbsp all-purpose flour
- 3/4 tsp salt
- 1/4 tsp pepper, black
  
- 3 Tbsp oil
  
- 1/2 Tbsp green onions, cut into 1/2-inch strips
- 1/2 tsp sesame seeds (optional)

### Preparation:

1. In a bowl, combine DEL MONTE Tomato Sauce, ginger, garlic, pepper, soy sauce, calamansi juice, and brown sugar. Set aside.
2. In another bowl, combine ingredients for burger with salt and pepper. Mix well. Divide into 8 portions then shape into patties.
3. Brush patties with sauce. Pan-grill with oil while brushing with sauce until cooked.
4. Simmer remaining sauce for 2 minutes. Pour over burgers. Top with green onions and sesame seeds. Serve on top of rice.

### Chef's Tip

Chicken thigh fillet is higher in fat than chicken breast. The added fat from this cut will make the burgers moist.

### Lusog Notes

This dish is a source of protein that is needed for growth, development and repair of body parts. It also has

niacin that promotes normal digestion and healthy skin.

### **Cooking Skills Needed**

- Simmering
- Mixing
- Pan-Grilling

### **Cooking Tools**

- Chopping Board
- Measuring Cups
- Spatula
- Grill Pan
- Measuring Spoon

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