



Pine-Chicken Burger With Ketchup Mayo Recipe

Preparation Time	10
Cooking Time	32
Serving Size	8

Ingredients:

FOR THE BURGER

- 650 g chicken, ground
- 1/2 cup breadcrumbs
- 2 can DEL MONTE Crushed Pineapple (227g), drained, reserve 2 Tbsp syrup
- 2 tsp salt
- 3/4 tsp pepper
- 1 pc onion, chopped
- 3 stalk green onions, chopped
- 2/3 cup carrot, grated

- 1/4 cup oil, for pan-grilling

FOR THE KETCHUP MAYO

- 1/4 cup DEL MONTE Original Blend Ketchup (320g)
- 2 Tbsp mayonnaise
- 2 Tbsp reserved pineapple syrup
- - salt, to taste

Preparation:

1. Combine ingredients for burger. Mix well and form every 1/4 cup into patties. Pan-grill in 1/4 teaspoon oil each until cooked. Serve with sauce.
2. Ketchup Mayo: Mix all ingredients. Season with salt to taste.

Chef's Tip

For juicy burgers, choose ground chicken thigh fillet which has more flavor and moisture than chicken breast.

Lusog Notes

This tasty dish is high in vitamin A that helps protect one from infections. It also contains niacin that promotes normal digestion and healthy skin.

Cooking Skills Needed

- Mixing

Cooking Tools

- Chopping Board
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