



## Pine-Chicken Burger With Ketchup Mayo Recipe

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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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