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Inspired by: Food Network

Sweet & Tangy Chicken Burger

Serves: 4

Prep time: 20 mins
Cook time: 10 mins

Skill level: easy

Cooking method: Stove top with cast iron skillet.



ingredients:

The Burger:

- 1 pound ground lean chicken
- 2 teaspoons extra-virgin olive oil
- 1 large onion, finely chopped
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1/4 teaspoon red pepper flakes
- 1 1/2 teaspoons kosher salt
- Freshly ground black pepper
- 2 cloves garlic, minced
- 1/4 cup chopped flat-leaf parsley
- 1/4 cup plain yogurt
- 3 tablespoons pomegranate molasses, for brushing

The Toppings:

- 4 whole wheat buns, toasted
- 1 tomato, thinly sliced
- 1 English cucumber, thinly sliced
- 1 small red onion, sliced



instructions:

Step 1)

Heat the olive oil in a skillet over medium heat, add the onion, cinnamon, coriander, pepper flakes, 1/2 teaspoon kosher salt and season with pepper. Cook until onions are tender, about 5 minutes. Stir in the garlic and parsley and cook until garlic is fragrant, about 1 more minute. Transfer to a large bowl and let cool slightly. Stir in the chicken and yogurt until the onion are evenly mixed. Season with 1 teaspoon kosher salt and some pepper. Shape into 3 3/4-inch thick patties using my Burger Patty Board.

Step 2)

Cook in a nonstick skillet over medium heat until browned and cooked through, about 5 minutes on each side, or until an instant-read thermometer inserted into the sides of the burgers registers between 165 and 170 degrees F. Brush burgers with the pomegranate molasses and set aside to rest for 5 minutes. Serve on toasted buns with fixings.



grandpa's thoughts:

These flavorful burgers get rave reviews and are remarkably easy to put together with the help of my Burger Patty Board. Sautéed onion and yogurt keep the lean chicken patties moist while a blend of pantry spices makes them deliciously fragrant. Widely used in Middle Eastern cooking, pomegranate molasses adds a subtle touch of sweetness to these mouthwatering patties.