Thai Sweet Chili Burger

Yield: 6 burgers, 4oz burger patty
Timing: Prep Time = 10 minutes Total Time = 20 minutes

Ingredients

Burger Ingredients:
1 can (16 oz) Garbanzo Beans, drained and rinsed
2 cloves garlic
½ cup fresh cilantro leaves
¼ cup fresh green onions
1 ½ tsp crushed red pepper flakes
¼ tsp black pepper
1 ½ tsp kosher salt
1 tbs toasted sesame seeds
2 large eggs
¾ cup panko bread crumbs

1 lb. raw ground turkey
1 tbs vegetable oil
6 Pretzel Bun, buttered and lightly toasted

Sauce Ingredients:
½ cup Real mayonnaise
¼ cup Sweet Thai Chili Sauce

Toppings:
2 tbs fresh green onions, chopped
2tbs fresh cilantro, chopped
¼ cup pickled red onion

Method of Preparation (Instructions)

1. In food processor, place rinsed, drained Garbanzo beans, garlic, cilantro, green onion, crushed red pepper flakes, black pepper, kosher salt, and sesame seeds and secure the cover. Pluse, or chop on low speed until ingredients are combine, and garbanzo beans are coarsely chopped.
2. In mixing bowl, transfer the garbanzo bean mixture and add raw ground turkey, eggs, and panko bread crumbs. Use your hands to blend the ingredients until they are well incorporated. Form into six patties, about 4oz each.
3. In oiled skillet, on medium heat, cook the patties until golden brown and lightly crisp and reaching 165 Deg F internal temperature. (About 4 minutes on each side).
4. While burgers are cooking, place mayonnaise and Sweet Thai Chili Sauce in a small bowl and whisk together until well combined. Prepare toppings and toast pretzel buns.
5. Place the cooked patty on bun, top with a healthy drizzle of Thai Chili Mayo, and desired amount of suggested toppings. Enjoy!

Required utensils
Food processor
Medium mixing bowl
Small bowl
Large non-stick skillet
Chef's knife
Cutting board
Small whisk
Plastic spatula