



Korean BBQ Chicken Burger

Ingredients

- 1 packet Maggi Pan Perfect Korean Barbecue
- 1 Medium Egg
- 50 g Plain Flour
- 2 tablespoons sunflower or vegetable oil
- 1 small red chilli, finely sliced
- 1 Medium cucumber, sliced
- 20 g spring onions, sliced
- 80 g radishes, sliced
- 2 heads Small Gem Lettuce
- 1 packet Brioche burger buns (4)
- 0.5 bunch bunch fresh coriander or mint leaves, chopped
- 4 wedges lime (optional, to serve)

Instructions

1. Slice through the fattest part of the chicken breast so that you create 2 chicken steaks which are similar in thickness. Pat them dry with kitchen paper. Then dip each in the egg and then flour to coat lightly.
2. Heat the oil in a large frying pan and cook the chicken steaks until light golden brown and piping hot throughout. Transfer to a plate, cover and keep warm. Wipe the excess oil from the pan with kitchen paper.
3. Mix the Korean seasoning with 150ml water, add to the frying pan used for the chicken and bring the sauce to a simmer, stirring occasionally. Cook for 2-3 minutes until you have a sticky glaze. Return the chicken to the pan, coat in the sauce and remove from the heat.
4. Split the buns, toast or warm briefly in the microwave then fill with the salad ingredients. Top with the sticky Korean chicken and top with the bun lid. Tuck in!
5. If you have a lime – squeeze it over the salad just before serving for extra freshness and zing!

Nutrition

Carbohydrate	61 g
Energy	383.56 kcal
Fat	11.12 g
Fibre	11.12 g
Protein	12.89 g
of which: saturates	12.89 g
Sodium	667.96 mg
of which: sugars	14.77 g

17 Minutes

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