

Sesame Chicken Burgers with Coated Fries

Recipe By Sarah Faygie Berkowitz



Cooking and Prep:  45
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Serves:  6

Contains:     

Preference: Meat

Difficulty: Easy

Source: Family Table by Mishpacha Magazine

The inspiration for these chicken burgers comes from several fabulous Oriental dinners I've had over the years. The fried peppers and onions add sweetness, while the toasted sesame oil coats it with a wonderful savory coating. Now let's talk about the fries — these are possibly the tastiest you'll ever have. The sesame chicken sauce was so flavorful, we didn't even need to haul out the ol' ketchup bottle. ***A Food Fight, Round 2 Recipe***

Ingredients (17)

Fries

- 3 large Idaho potatoes, scrubbed but not peeled
- 1/2 cup Salad Mate Sesame Chicken Sauce
- dash of black or cayenne pepper (*optional*)
- drizzle of toasted **Gefen Sesame Oil**

Burgers

- salt, to taste
- 1 tablespoon **Gefen Soy Sauce**
- 1/3 cup Salad Mate Sesame Chicken Sauce
- 1/4 cup **Gefen Bread Crumbs**
- 1 egg
- 1 pound (1/2 kilogram) ground chicken
- pepper, to taste
- 1 red pepper, diced
- 1 green pepper, diced
- 1 medium onion, diced
- 1 tablespoon toasted sesame oil
- 1 tablespoon oil

Sommelier Suggests

- Baron Herzog Pinot Grigio**
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Start Cooking

For the Burgers

1. Heat oils in a frying pan. Add diced onion and peppers, and sauté until golden and fragrant. Season with salt and pepper.
2. Transfer half of this mixture to a medium bowl and leave the rest in the frying pan. Add ground chicken, egg, bread crumbs, and sauces to the bowl and mix well.
3. Preheat oven to low broil. Line a baking sheet with Gefen Easy Baking Parchment Paper or foil and nonstick spray.
4. With wet hands, form six patties out of the chicken mixture. Place on the baking sheet. Broil for 14–15 minutes, and then remove from oven.
5. Drizzle a bit more toasted sesame oil into the remaining fried pepper and onion in the frying

pan. When the oil is hot, add burgers and fry for one to two minutes on each side.

For the Fries

- 1.** Line a baking sheet with a fresh piece of parchment paper or sprayed foil, and heat oven to 375 degrees Fahrenheit.
- 2.** Cut potatoes into long, thick strips. Coat with sesame chicken sauce and sesame oil (add black or cayenne pepper if you like spicy fries!) and spread out on the baking sheet. Bake for 20–25 minutes, turning fries over halfway through the baking time.

To Serve

- 1.** Serve sesame chicken burgers on a toasted whole grain bun, with fries on the side. If you're a sauce addict, spread a squirt of sesame chicken sauce on top of the burger before serving.