

# Gwyneth's Chicken Burgers, Thai Style

Recipe by Gwyneth Paltrow, from her 2<sup>nd</sup> cookbook *It's All Good*.

Serves: 4



## INGREDIENTS:

- 1 pound ground chicken or turkey
- 2 garlic cloves, very finely minced
- 2/3 cup finely chopped cilantro
- 2 shallots, very finely minced
- 1 teaspoon very finely minced red chili (or more or less, however hot you like it)
- 2 teaspoons fish sauce
- 1/2 teaspoon coarse sea salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons neutral oil (such as canola, grapeseed, or safflower oil)

## Instructions:

1. Thoroughly mix chicken with garlic, cilantro, shallots, red chili, fish sauce, salt, and pepper. Form mixture into 4 burgers, each about 3/4-inch thick.
2. Heat a grill or grill pan over medium heat. Rub each burger on both sides with a bit of oil and grill for about 8 minutes on the first side and another 5 minutes on the second, or until nicely marked and firm to the touch.

**Nutrition score per serving:** 239 calories, 16g fat (3g saturated), 3.5g carbs, 21g protein, 0g fiber, 600mg sodium