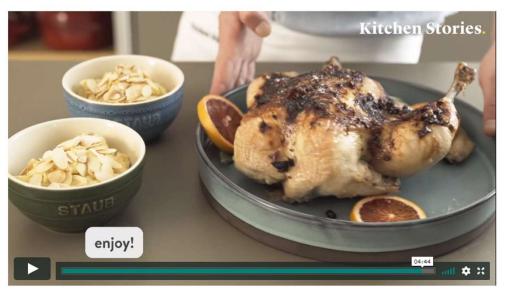


Competition

Kitchen Stories Recipes Stories Categories How-Tos Videos

Q | Login | Sign-up



Overview

Steps

Comments (1)











Difficulty Medium

More delicious ideas for you



Duck breast with roasted Brussels sprouts and pumpkin



Roasted goose leg with stuffed apples and polenta





Ingredients

Servings: - 4



chicken 3 blood oranges

garlic 2 cloves

10 leaves sage (divided) 30 g dried cranberries 150 g butter (divided) 500 ml vegetable stock

200 ml milk 180 g polenta

60 g Parmesan cheese 6 tbsp sliced almonds

butter for greasing

salt pepper

Metric Imperial



How-To Videos







Duck breast with roasted Brussels sprouts and pumpkin



Roasted goose leg with stuffed apples and polenta



Mushroom-stuffed red cabbage rolls



Competition

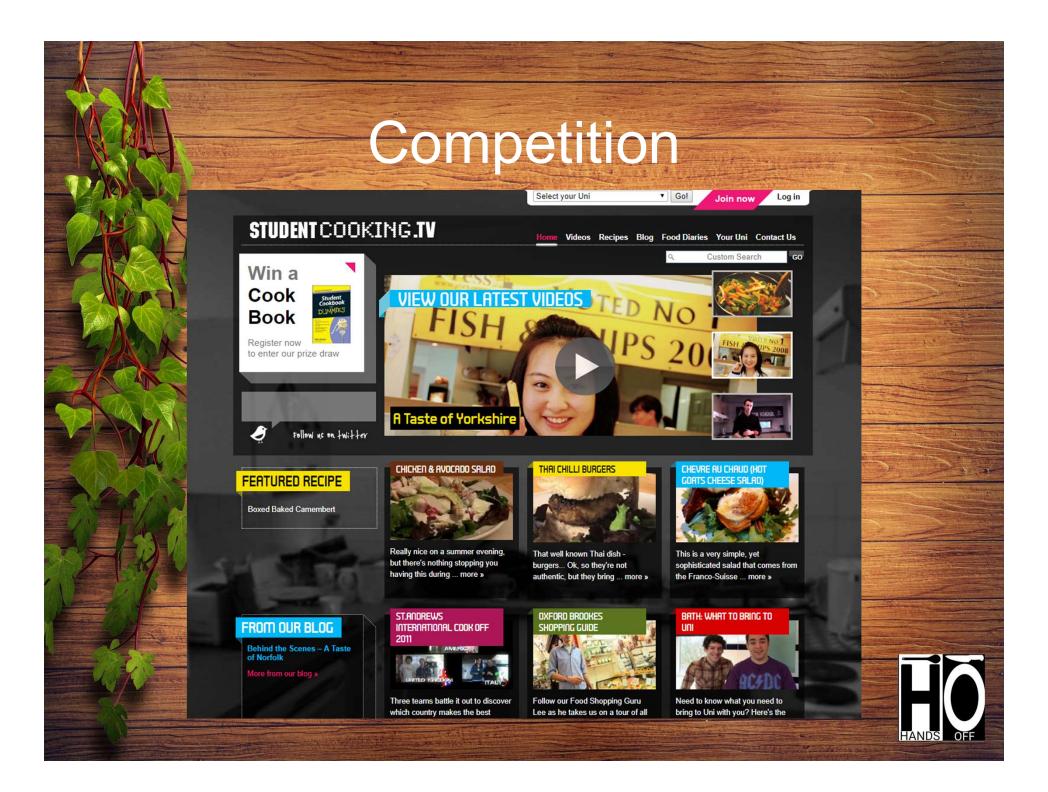
Step 1/8







Pre-heat the oven to $180^{\circ}\text{C}/350^{\circ}\text{F}$. Beginning at the breast, slightly loose the skin of the chicken with the stem of a spoon, taking care not to damage the skin. Set aside.





RECIPES

THAI CHILLI BURGERS

That well known Thai dish - burgers... Ok, so they're not authentic, but they bring the flavour of Thai cuisine into a fat juicy burger that you can make yourself or with your mates. They're a right laugh to make and pack a spicy kick.

- Find us on Facebook
- Follow us on Twitter
- Want to be in a film?
- Videos from Your Uni







OTHER INFO

Ingredients: 400g minced pork

2 Limes

INGREDIENTS

1 Green chilli / 2 teaspoons of chilli powder

1/2 Onion, chopped into little pieces

Garlic, peeled and chopped into little pieces

1 small chunk of Ginger, peeled and chopped into little pieces

Lemon

1 slice of bread

4 Burger buns (not optional, but you can serve the burgers on these)

For: 4

Vegan: No Vegetarian: No

Cooking Level: Medium

Time to prepare: 45mins (but half of this time is

them cooking under the grill)

NUTRITIONAL INFO

		PER MEAL
	Calories	321
LOW	Sugars	4.25g
MED	Fat	13.71g
MED	Saturates	4.47g
LOW	Salt	0.35g

Custom Search





Add a drop of oil into a frying pan and heat it up over a high heat.

STEP 02

Once hot, add the chopped onions, garlic and ginger and fry until brown.

Once they're brown, take the pan off the heat and leave to cool down. Turn the heat off, we won't need to use that again.

STEP 03

With a cheese grater, grate the bread into tiny crumbs. This will make breadcrumbs, which, along with the egg, will help hold the meat together in their burger shapes.

Crumble the minced pork into a bowl, and break it up even more with your hands, so that it's crumbly and fine. The smaller the pieces, the better the burger will stay together.

STEP 04

Add the breadcrumbs, chopped chill, crack an egg in, then add the onion mix in from the pan. Squeeze the juice of half a lemon in, and then chop two limes in half and squeeze the juice from these in.

(I find it best to use a whisk for this next bit, but you can use a fork or just your hands.)

Mix all of this together, making sure the egg gets mixed in and coats all the ingredients.

