

YIELD: 4 PEOPLE

Thai Chili Beef Burger

Thai Chili Beef Burger – Thai Chili Beef Burger. Try this and you might want to make it every day!



PREP TIME
10 minutes

COOK TIME
12 minutes

TOTAL TIME
22 minutes

INGREDIENTS

- 1 pound (0.4 kg) ground beef
- 1 tablespoon Thai [red curry paste](#)
- 1/2 cup bread crumbs
- 2 tablespoons chopped cilantro
- 1 egg, lightly beaten
- 1 tablespoon light [soy sauce](#)
- 1/8 teaspoon freshly ground black pepper
- 1 baguette
- 2 cups shredded lettuce
- sweet chili sauce

INSTRUCTIONS

1. In a bowl, combine the ground beef with the red curry paste, bread crumbs, chopped cilantro, egg, light soy

sauce and black pepper. Mix the ingredient together with your hand until sticky.

2. Divide into 8 portions and shape into mini burger patties.
3. Heat up the grill and cook this over high heat for 4-5 minutes on each side, or until cooked through.
4. Cut the baguette (lengthwise) into 4. Assemble each with 2 cooked mini burger patties, shredded lettuce and a little sweet chili sauce. Serve warm.

Nutrition Information

Yield 4

Serving Size 4 people

Amount Per Serving

Calories 538

Total Fat 26g

Saturated Fat 9g

Unsaturated Fat 0g

Cholesterol 121mg

Sodium 783mg

Carbohydrates 42g

Fiber 2g

Sugar 2g

Protein 28g