

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Thai Sweet Chili Sauce Pork Burgers

From www.paleomg.com

For the sweet chili sauce:

1 1/2 cloves garlic
3/4 teaspoon ginger
3/4 cup Sriracha
3 tablespoons honey

For the burgers:

3 cloves garlic
3/4 teaspoon fresh ginger
3 tablespoons cilantro
1 1/2 tablespoons green onions
1 1/2 teaspoons fresh mint
2 1/4 pounds ground pork
1 1/2 tablespoons toasted sesame oil
sea salt, to taste

For the slaw:

3/4 cucumber
3/4 carrot
1/3 cup roasted cashews
1 1/2 tablespoons cilantro
1 1/2 tablespoons fresh mint
1 1/2 teaspoons coconut vinegar, or white vinegar
3/4 teaspoon sesame oil
1 1/2 pinches sea salt

For the toppings:

1 1/2 avocados
1/3 cup roasted cashews
1/3 cup mayo
1 1/2 tablespoons Sriracha

For the sweet chili sauce: Mince the garlic and ginger. Place all ingredients for the sweet chili sauce in a medium saute pan over medium-low heat and whisk to combine. Let reduce down for about 20 minutes to thicken.

For the burgers: Heat grill up to a medium high heat. Mince the garlic and ginger. Chop the cilantro and green onions. Mince the mint. Place all ingredients for the burgers in a bowl and mix to combine. Make into flat burger patties. Press thumb into the middle of the burger to keep from rising while cooking. Place on grill to cook on both sides for 6-8 minutes, until cooked through and no longer pink.

For the slaw: Julienne the cucumber and carrot. Chop the cashews. Mince the fresh herbs. While the burgers cook, mix all ingredients for the slaw together in a bowl to combine and put in the fridge to cool until burgers are ready. Top burgers with reduced sweet chili sauce, slaw, cashews, and sliced avocado. Finally, mix together mayo and Sriracha and drizzle on top!