

Polynesian Pork Burgers



Ingredients

1 lb / 0.5 kg lean ground pork
½ cup / 125 mL chopped white mushrooms
1 egg, slightly beaten
⅓ cup / 80 mL canned water chestnuts, chopped
2 cloves garlic, minced
1 Tbsp / 15 mL grated ginger root
2 green onions, thinly sliced
½ tsp / 2 mL ground black pepper
1 Tbsp / 15 mL cornstarch
2 Tbsp / 30 mL chicken broth
6 hamburger buns, sliced
Topping suggestions: grilled pineapple, bell pepper and or onion slices and plum sauce

Directions

1. In large bowl, gently combine ground pork with mushrooms, egg, water chestnuts, garlic, ginger, green onion and pepper; do not overmix.
2. In small bowl, whisk cornstarch with chicken broth. Add to pork mixture and gently combine.
3. Form mixture into 6 patties.
4. Preheat barbecue on high; reduce heat to medium. Grill patties 6-8 minutes per side or until instant-read thermometer registers 160°F.
5. Serve patties in buns with your favourite toppings and condiments.

*For better burgers, use gentle hands to mix and form patties that are consistent in size so that they all cook at about the same rate. Make a thumbprint indent in the centre of each patty to help prevent 'patty puffing' while grilling.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 20

- **Number of Servings:** 6