

Smashed Avocado-Chicken Burgers

Ingredients for 4 servings

1 pound ground chicken, preferably dark meat
1/3 cup Kewpie or other mayonnaise
1 teaspoon soy sauce
1 lime, cut into wedges
1 cup cilantro leaves, chopped, plus more for serving
1/4 cup mashed, ripe avocado (rest for serving)
2 scallions, light green and white parts, thinly sliced
3 large garlic cloves, grated or minced
2 teaspoons for ginger, minced
1/4 to 1/2 teaspoon red-pepper flakes
2 tablespoons neutral oil, such as canola oil
4 brioche or burger buns, lightly toasted
Butter lettuce or other tender lettuce, for serving
1/2 or more of breadcrumbs
1 jalapeño, thinly sliced, for serving (optional)



Preparation

Step 1. In a small serving bowl, combine the mayonnaise and soy sauce. Season with the juice of 1 lime wedge and salt as needed.

Step 2. In a medium mixing bowl, use a fork to mash and thoroughly combine the chopped cilantro, mashed avocado, scallions, garlic, ginger, red-pepper flakes, 1 teaspoon salt and 1 tablespoon of the soy-lime mayonnaise. Add the chicken and gently combine. Then, add bread crumbs to making mixture cohesive. Form into 4-6 patties (grill) or balls (skillet).

Step 3. Either grill (400F) about 6-7 minutes per side, or if inside, heat a 12-inch heavy skillet over medium heat until very hot for about 2-3 minutes. Add the neutral oil then add the chicken meatballs, spacing them out in the pan. Use a metal spatula to press them until they form 1/2-inch-thick patties. Cook without moving for 3½ to 4 minutes, until a deep golden crust has formed and they easily release from the pan. Flip the patties using the spatula and cook until done with a nice crust on the other side, about 3 minutes more. If they need more time, cover the pan and cook for 1-2 more minutes, adjusting the heat as needed to avoid scorching.

Step 4. Squeeze a lime wedge over the patties and serve sandwiched between the buns topped with lettuce, a healthy slathering of the lime-mayonnaise, avocado slices, jalapeño slices if using, and cilantro, if desired. Serve with the remaining lime wedges and mayonnaise on the side.