

# Teriyaki Chicken Burgers

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-pickle-recipe>

## Ingredients:

- 4 tablespoons soy sauce
- 2 tablespoons mirin
- 2 tablespoons sake
- 1 1/2 tablespoons superfine sugar caster sugar -
- 4 chicken thigh fillets boneless
- flour for dusting
- vegetable oil
- 4 bread rolls Turkish, or burger buns
- 3 leaves cos lettuce baby, or iceberg lettuce
- 1/2 red onion finely sliced
- carrot
- pickles
- mayonnaise preferably Japanese

## Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 195 milligrams
4. Fat: 43 grams
5. Fiber: 5 grams
6. Protein: 45 grams
7. SaturatedFat: 10 grams
8. Sodium: 1430 milligrams
9. Sugar: 8 grams

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