

# Chinese-inspired teriyaki chicken burger

durée totale **70 min.** 20 min. temps de préparation 30 min. temps de cuisson 30 min. temps de marinade

Données nutritionnelles (par portion):  
**3416 kJ / 816 kcal**

Matières grasses: **23,7 g** Protéines: **40,3 g**  
Glucides: **65,3 g**

## INGRÉDIENTS

2 portions

|                 |  |
|-----------------|--|
| <b>150 g</b>    | wheat flour                                |
| <b>1 càc</b>    | instant yeast                              |
| <b>1,33 càs</b> | Sauce soja fermentation naturelle Kikkoman |
| <b>120 ml</b>   | warm water                                 |
| <b>300 g</b>    | chicken drumsticks                         |
| <b>100 ml</b>   | Sauce Teriyaki à l'ail confit Kikkoman     |
| <b>0,25 càc</b> | ground ginger                              |
| <b>0,25 càc</b> | ground cinnamon                            |
| <b>0,25 càc</b> | fennel                                     |
| <b>1 càs</b>    | chopped coriander or parsley leaves        |
| <b>1 càc</b>    | chopped chilli                             |
| <b>100 g</b>    | red cabbage                                |
| <b>2 càs</b>    | olive oil                                  |
| <b>1 càs</b>    | lime juice                                 |
| <b>1 càc</b>    | honey                                      |
| <b>2</b>        | onions                                     |
| <b>1 càc</b>    | sugar                                      |

## PRÉPARATION

### Étape 1

**150 g** wheat flour - **1 càc** instant yeast - **0,33 càs** Sauce soja fermentation naturelle Kikkoman - **120 ml** warm water

Knead a soft yeast dough from the ingredients listed. Cover and leave to rise in a warm place for about 60 minutes. Form 4 rolls and roll each one into a long strip. Fold in half lengthwise and shape into a bun. Turn it over and roll out into a flatbread. Cover the prepared pitas and leave to rise for 20 minutes. Heat a pan over a high heat and dry-fry them on both sides for 2 minutes each. Set aside.

### Étape 2

**300 g** chicken drumsticks - **100 ml** Sauce Teriyaki à l'ail confit Kikkoman - **0,25 càc** ground ginger - **0,25 càc** ground cinnamon - **0,25 càc** fennel - **1 càs** chopped coriander or parsley leaves - **1 càc** chopped chilli

Pat the meat dry and coat it with the Kikkoman Teriyaki Sauce with Garlic mixed with ginger, cinnamon and fennel. Marinate for about 30 minutes. Keep the marinade.

Cover and bake in the oven for 20-30 minutes at 180 °C until tender. After baking, shred the meat with a fork, add the coriander and chilli and mix with the remaining teriyaki marinade.

### Étape 3

**100 g** red cabbage - **1 càs** olive oil - **1 càs** lime juice - **1 càc** honey

Finely chop the cabbage. Add olive oil, lime juice and honey. Mix well.

#### **Étape 4**

**2** onions - **1 càs** olive oil - **1 càs** Sauce soja fermentation naturelle Kikkoman - **1 càc** sugar  
Cut the onions into strips and fry them in olive oil.  
Add Kikkoman Soy Sauce and sugar and simmer on a low heat for about 10 minutes.

#### **Étape 5**

Cut open the buns and fill them with the marinated meat, cabbage and caramelised onions.