

# SMASH BURGERS



Celebrate summer with **FIT** smash burgers!



Food by FLIK

# Jerk Spiced Chicken Pineapple Smash Burger, Citrus Jicama Slaw

Portion Size: 1 each Yield: 5 servings



## Ingredients:

### For Citrus Jicama Slaw:

Olive Oil	2 ¾ tsp
Honey	¼ tsp
Sriracha Hot Chili Sauce	¼ tsp
Kosher Salt	<1/8 tsp
Lime Juice	1 tsp
Poblano Peppers	1 each
Jicama, peeled, julienne	2 ½ oz
Orange, peeled, sectioned	1 ¼ oz
Jalapeno Peppers, diced	1 ¾ tsp
Red Fresno Chili, chopped fine	1 ¾ tsp
Cilantro, chopped	1 ¾ tsp

### For the Burgers:

Onions, finely diced	1/3 cup
Red Bell Peppers, Diced	¼ cup
Green Bell Peppers, Diced	¼ cup
Canola Oil	1 ½ tsp
Jamaican Jerk Seasoning	1 tbsp
Kosher Salt	½ tsp
Ground Chicken	1 lb
Cooking Spray	As needed
Pineapple, fresh, diced	½ cup
Whole Wheat Hamburger Bun	5 each

## Preparation:

- Chili Citrus Jicama Slaw:** In a bowl, stir to combine oil, honey, sriracha, salt and lime juice. Julienne poblano pepper. Toss together jicama, orange segments, jalapeno, Fresno chili, cilantro, and poblano. Mix with dressing until evenly coated.
- Burgers:** Sauté onions and peppers in oil, until translucent, add jerk spice and salt, remove and chill to 40F.
- Add veggie mixture to the ground chicken and blend. Portion out 4 oz wt and form into a ball. Leave balls whole until smashing burgers on flattop. Chill burgers for 1 hour before cooking, or you can allow them to firm up in the freezer.
- For each burger, place 2 tbsp of pineapple onto flattop prepared with pan spray. Place burger ball on top of pineapple and flatten with a spatula until ½" thick. Once pineapple side of smash burger is golden brown, flip burger and continue to cook to internal temp of 165.
- Place each burger on a whole wheat bun and top with ¼ cup of jicama slaw.

## Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
330	14	3	550	21	31	4	8



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# Ginger Soy Salmon Smash Burger, Sriracha Light Mayo, Crispy Rice “Bun”

Portion Size: 1 each  
Yield: 5

## Ingredients:

### Pickled Spicy Cucumbers

Sesame Oil	1 ¼ tsp
Unseasoned Rice Wine Vinegar	1 tbsp, ¼ tsp
Crushed Red Pepper Flakes	1/8 tsp
Granulated Sugar	1 ¼ tsp
Cucumbers, scored, thin sliced	1 lb

### Seasoned Sushi Rice

Sushi Rice, dry	1 cup, 3 tbsp
Water	1 ¼ cup
Unseasoned Rice Wine Vinegar	3 tbsp, ½ tsp
Granulated Sugar	2 ½ tsp
Kosher Salt	½ tsp

### Sriracha Light Mayonnaise

Sriracha Hot Chili Sauce	2 tsp
Light Mayonnaise	¼ cup

### Smash Burger

Garlic Cloves	1 ½ tsp
Ginger Root, minced	1 tbsp
Salmon Fillet, Skin Removed, Fresh	1 lb
Sesame Oil	1 tsp
Green Onions, bias cut	¼ cup
Red Bell Peppers, ¼" diced	¼ cup
Less Sodium Soy Sauce	1 ½ tsp
Panko Breadcrumbs	½ cup
Cooking Spray	As Needed
Avocado, sliced	5 oz

## Preparation:

**Spicy Pickled Cucumbers:** Mix sesame oil, rice wine vinegar, red pepper and sugar until sugar is dissolved. Toss sliced cucumbers in mixture and marinate overnight. Drain cucumbers when ready to serve.

**Sushi Rice:** Put rice in large bowl and wash with cold water. Repeat washing until water becomes clear. Combine rice and water in rice cooker or steamer and cook for 40 minutes. Final cook temperature should be 180F. Turn rice out into sheet pan or wooden box to cool. Mix rice vinegar, sugar, and salt in a saucepan. Heat over low heat until the sugar dissolves. Cool mixture. Once rice is between 105-112F, pour in vinegar mixture and fold the rice with flat wooden spoon until it has reached room temperature and vinegar mixture is fully incorporated and evenly distributed. Cool rice.

**Sriracha Mayo:** Mix Sriracha and mayonnaise until combine. Keep cold.

**Smash Burgers:** In a food processor with the motor running, add garlic and ginger and process until finely chopped. Scrape down sides. Add salmon. Pulse until salmon pieces are about ¼" size, with some smaller and larger pieces. Transfer salmon to a bowl and stir in sesame oil, scallion, bell pepper, soy sauce, and breadcrumbs. Form into 4 oz weight balls. Leave in balls until smashing on the flattop. Lightly coat a large skillet with nonstick cooking spray. Over medium-high heat, place burger balls onto flattop and firmly smash with a spatula until ½" thick. Cook for 3-4 minutes per side, or until cooked through.

**To Serve:** Portion chilled sushi rice into 2 oz patties (width of salmon burger). Prepare flattop or non-stick pan with pan spray. Sear rice patties until crispy on each side. Crispy rice patties will be used as “buns” for salmon burgers. Top 1 crispy rice patty with: salmon burger, 1 tbsp sriracha mayo, 1 oz avocado (1/6 slice), 6 pickle slices. Top with another rice patty and serve.

## Nutrition Information Per Serving:

Calories	Total Fat(g)	Sat Fat (g)	Sodium(mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
450	19	3	490	20	47	4	5



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