



## Turkey burgers

Creating your own burgers are a cheaper, easier and very often a tastier alternative to buying store bought burgers. Plus there is the added benefit of knowing what is actually in them! We've decided to change beef for turkey here as it's a leaner and healthier meat, but still ever so tasty. When it comes to adding your herbs and spices, below is just a rough guide, please feel free to season to taste! Swapping bread rolls for pitta bread is also a much more weight friendly alternative, giving you just the same amount of satisfaction!

### Ingredients

- 1kg turkey mince
- 1/2 red onion, finely chopped
- 4cm piece root ginger, peeled and grated
- 1 green chilli, deseeded and finely chopped
- 1 TBS wholegrain mustard
- 1 medium egg
- Large handful fresh coriander, roughly chopped
- 2 TBS vegetable oil
- 8 large pitta breads
- Lettuce and tomatoes to serve
- Salt and pepper

Serves 8

### Method



1. Put the turkey mince, onion, ginger, chilli, mustard, egg and coriander into a bowl. Season well and mix together, using your hands
2. Shape into 8 patties, cover and chill until needed
3. Pre-heat the oven to 200C/fan 180C/mark 6
4. In a large non-stick pan, heat the oil and gently brown the burgers on each side
5. Arrange on a non-stick baking tray and cook in the oven for 15 minutes or until cooked through
6. Serve the burgers in toasted pitta breads with lettuce and tomato slices



The Grange  
Welford Road

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