



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



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