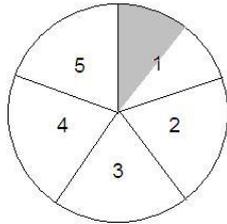


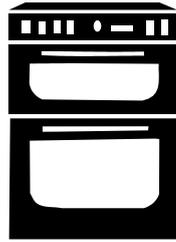
# Turkey Burgers

Serves 4

Portions of fruit & vegetables per serving:  $\frac{1}{2}$



Grill needed



Allergen information:

Allergens are in bold.

Contains cereals  
containing gluten

Contains fish

May contain sesame  
seeds

| Ingredients                  | Amount                     | Preparation    |
|------------------------------|----------------------------|----------------|
| onion                        | 1 small                    | finely chopped |
| carrot                       | 1 small                    | grated         |
| courgette                    | 1 small                    | grated         |
| turkey mince                 | 350g (12 $\frac{1}{2}$ oz) |                |
| <b>worcestershire sauce</b>  | splash                     |                |
| cranberry sauce              | 2 teaspoon                 |                |
| black pepper                 | to taste                   |                |
| <b>flour</b>                 | for dusting                |                |
| vegetable oil                | for brushing               |                |
| <b>burger buns</b> and salad |                            | for serving    |

**Please Turn Over**



## Method

- 1 Heat the grill to medium. Put the onion, carrot and courgette in a bowl. Add the turkey mince and mix in the Worcestershire sauce, cranberry sauce and black pepper. Give everything a good mix to ensure that all the ingredients are evenly distributed (you may need to use your hands for this).
- 2 Using floured hands divide the turkey mixture into 4 portions. Shape into burger shapes but not too thick.
- 3 Brush with oil and cook under a medium grill for about 8-10 minutes, turning as required, until they are fully cooked through. Take the burgers off the grill, put onto a plate and cover with foil.
- 4 Toast the burger buns under the grill until lightly golden brown.
- 5 Put the burgers in the toasted burger buns filled with lettuce and tomatoes and serve with homemade wedges and your favourite vegetables or salad.

| 142 calories     |     | Per serving |
|------------------|-----|-------------|
| <b>Fat</b>       | LOW | 2.4g        |
| <b>Saturates</b> | LOW | 0.5g        |
| <b>Sugars</b>    | LOW | 3.8g        |
| <b>Salt</b>      | LOW | 0.2g        |

■ HIGH  
 ■ MEDIUM  
 ■ LOW

## Handy Hints

- Try using other meat mince if you want, however turkey mince is lower in fat than beef mince.
- Try swapping the cranberry sauce for mint sauce if you are using lamb mince.
- Add plenty of salad to the bun to boost the portions of vegetables.

