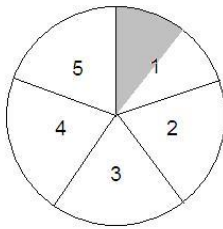


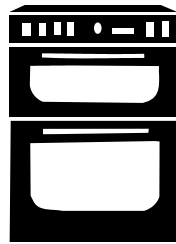
Turkey Burgers

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)	
worcestershire sauce	splash	
cranberry sauce	2 teaspoon	
black pepper	to taste	
flour	for dusting	
vegetable oil	for brushing	
burger buns 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

Fat

LOW

2.4g

Saturates

LOW

0.5g

Sugars

LOW

3.8g

Salt

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.