



Spicy Turkey Burgers (Makes 4 burgers)

Turkey is the traditional meat of choice for this time of year - but surprisingly only for one day. That said it's fast becoming a preferred low-fat alternative to red meat now that it's available minced in supermarkets. Try these spicy turkey burgers and maybe you'll agree that turkey isn't just for Christmas!

Ingredients:

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- 500g turkey mince
- ½ red onion, grated
- 1 clove garlic, pressed
- 2 tsp curry powder or Asian spice powder
- Handful coriander, chopped
- 1 egg yolk
- 1 tbsp rapeseed oil
- Sea Salt and black pepper

Method

- Knead together the mince, onion, garlic, spices, coriander and egg yolk, adding a little salt and pepper
- Split into 4 and roll in the palm of your hand to make balls which you will then flatten into patties/burgers
- Heat the oil in a pan and cook burgers slowly for approximately 5 mins each side or until thoroughly cooked
- Cook slowly to avoid the burgers from drying out
- Serve with a quinoa or green salad, or gluten free bun
- If you prefer you can use this same mixture and make into small meatballs. These can also be oven cooked in a preheated oven at 190°C for 25-30 minutes.