

## Turkey Burgers

### Ingredients

250g turkey mince

Small amount of red onion

Small piece of root ginger, peeled and grated

$\frac{1}{4}$  green chilli (optional) or sprinkle of chilli flakes

$\frac{1}{2}$  tsp wholegrain mustard

2 slices of bread made into bread crumbs

1 small egg

Chopped coriander/ fresh herbs of their choice or dried herbs.

4 burger buns/garnish to serve.

### Method:

- Heat oven to 180<sup>0</sup>c
- Lightly oil a baking sheet
- Place the turkey mince, red onion, ginger, chilli, mustard, 50 g of the bread crumbs and herbs into a bowl and mix together using your hands.
- Divide mix into two.
- Shape into patties, squeezing the mixture so they form firm burgers.
- Make the patties flatter when shaping. Thick burgers will not cook in the time allotted.
- Turn on the hob to a medium/high heat, level 5 will do.
- In a frying pan heat a little oil.
- Place the burgers into the pan and fry until golden brown on both sides. 3-4 mins on each side.
- Remove from the frying pan and place on a well oiled baking tray.
- Cook in the oven. 15 - 20 mins on the TOP SHELF, 20 - 25 mins on MIDDLE SHELF.
- Serve burgers in a bun with preferred garnish.