



Protein
2

Carb
1/5

Restricted Veg
1/4

Spiced Turkey Burgers

These spiced turkey burgers make a great low-fat alternative to beef burgers and are ready to cook in under ten minutes.

Ingredients

- ½ red onion, grated
- 25g fresh wholegrain breadcrumbs
- 400g turkey mince
- 3 cloves of garlic
- 1 red chilli finely diced (de-seed if you don't want them too spicy)
- 2 tsp coriander seed
- 2 tsp cumin seeds
- 1 tbsp freshly chopped coriander
- ½ tsp salt
- ½ tsp black pepper
- 1 egg yolk

Directions

1. In a large non-stick pan, toast the coriander and cumin seeds until they start to release a scent, about 1-2 minutes. Don't let them burn, move around in the pan continuously.
2. Pop into a pestle and mortar and grind. If you don't have a pestle and mortar wrap the seeds in cling film and roll with a rolling pin to grind. Once crushed and smooth, transfer to a mixing bowl.
3. Add the turkey, grated onion, breadcrumbs, garlic, chilli, egg yolk and seasoning, then mix. Shape into 8 burgers.
4. They can be cooked on a BBQ or in a pan. To pan fry spray a pan with fry light spray and fry the burgers for 3-4 minutes on each side until browned and cooked through.
5. Serve with a side salad, makes 2 spiced turkey burgers per person.