

**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM

This week, let's fill up on...

TURKEY BURGERS



36

TURKEY BURGERS

SERVES
4

DONE IN
40



INGREDIENTS

For the burger patties:

- 1 red onion
- 1 small carrot
- 1 x 450g packet of turkey mince
- 1 tsp curry powder
- 1 wheat biscuit
- 2 tbsp vegetable oil

To assemble:

- 4 cheese slices [optional]
- 2 tomatoes
- ¼ iceberg lettuce
- 4 burger buns [white or wholemeal]
- 4 tbsp low-fat mayonnaise [optional]



A better-for-you burger. Turkey is a great source of protein and these burgers have some hidden veggies in them too!

METHOD

01

Peel the onion and carrot, then grate them on the coarse side of a box grater. Add this to a large bowl, along with the turkey mince and curry powder. Crush the wheat biscuit in your hands and add this too. Mix everything together with your hands until well combined.

04

Cook for 10-15 minutes, turning regularly until cooked through and golden on the outside. Place a cheese slice on top of each patty, if using, then turn the heat off and let the cheese melt.

02

Divide the mixture into 4 rough balls, then press and squeeze each one into a burger patty shape.

05

To assemble the burgers, slice up the tomato and break off the lettuce leaves. Slice the burger bun in half and, starting with the bottom half of the bun, layer the burger up with the mayonnaise, turkey patty, lettuce and tomato, finishing with the top half of the burger. Now tuck in!

03

Heat the vegetable oil in a large non-stick frying pan over a medium-high heat. Once hot, add the patties (you may need to cook them in batches), carefully pressing each one to flatten slightly so they are 2-3cm thick.

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Supported by Facebook, Instagram and the Child Food Poverty Taskforce

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