

Turkey Burgers



Ingredients

1 small onion
450g lean turkey mince
1 x 5ml spoon dried mixed herbs
2 x 5ml spoon Worcestershire sauce
Ground black pepper
Vegetable oil

To serve:

4 wholemeal rolls
2 tomatoes
¼ lettuce
Pickled gherkin (optional)

Equipment

Chopping board, vegetable knife, colander, mixing bowl, mixing spoon, grill pan, pastry brush, bread knife.

Method

1. Peel and finely chop the onion.
2. Wash and slice the tomatoes. Wash and shred the lettuce.
3. Place the turkey mince in a bowl and mix together with the onion, herbs and Worcestershire sauce. Season with black pepper.
4. Preheat the grill at medium.
5. Shape the turkey mixture into 4 equal size burgers.
6. Brush the burgers lightly with oil. Place on a grill rack and cook for about 5-6 minutes each side. Check that the burgers are thoroughly cooked and there are no pink juices.
7. Cut the rolls in half and toast the cut side lightly under the grill.
8. Place the burgers in the roll and top with sliced tomato, lettuce and gherkin if used.

Tips:

- Experiment using different herbs and spices to flavour the burgers.
- Use extra salad ingredients – they all count towards your 5 A Day.