

Thai Turkey Burgers

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This low-fat burger recipe use a selection of Thai ingredients to produce a delicious taste. While I normally fry the burgers, you could make them even lower fat by grilling them.

Ingredients:

450g (1 packet) turkey mince
1 red chili, finely chopped
4 spring onions, finely chopped
1 tsp ginger, grated
1 egg yolk
2 tbsp fresh coriander, chopped
1 tbsp sunflower oil, to fry in
6 bread rolls
Rocket leaves, to garnish

Directions:

1. In a large bowl, combine the mince, chili, spring onions, ginger, egg yolk and coriander.
2. Divide the mixture into 6 evenly-sized portions; form into burger shapes.
3. In a frying pan, heat the sunflower oil; fry the burger for about 4-5 minutes on each side until cooked through.
4. Serve burgers in bread rolls, garnished with rocket.

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