

SPICY TURKEY BURGERS



Turkey isn't just for Christmas you know! The kids will love these, and for the grown ups, they're low fat, too.

500g turkey mince
½ red onion, grated
1 garlic clove , crushed
2 tsp Madras curry powder
handful chopped coriander
1 egg yolk
1 tbsp sunflower oil
4 burger buns
salad and mango chutney or lime pickle, to serve

1. In a large bowl, mix together the turkey mince, onion, garlic, curry powder, coriander and egg yolk with a little salt and pepper. Combine well with your hands, then shape into 4 flat burger patties.
2. Heat the oil in a frying pan over a high heat, then cook the burgers for 5 mins each side or until cooked through. Toast the cut sides of the burger buns. Place the salad on the bottom halves of the warm buns, then top with the burgers and chutney or lime pickle.

Tip

If you prefer, you can make up your own Madras curry powder using 1 tsp each ground coriander, cumin and garam masala and ½ tsp chilli powder.