

Cajun Turkey Burgers

INGREDIENTS (serves 6)

- 500g minced turkey
- ½ onion – finely chopped or grated
- 1 small carrot – grated
- 1 clove garlic – crushed
- 2 teaspoons low salt **soya** sauce
- 1 teaspoon tomato puree
- 1 teaspoon cajun spice
- 1 teaspoon mixed herbs
- black pepper
- 50g wholemeal **breadcrumbs**
- 1 small **egg** – beaten



EQUIPMENT

- chopping board, sharp knife,
- grater, mixing bowl,
- fork, table knife, baking tray,
- cling film or foil

METHOD

1. Place the mince, vegetables, spice and herbs in large mixing bowl and mix together with a fork.
2. Add the breadcrumbs and half of the egg and mix until combined.
3. With a table knife, split the mixture into 6 and using damp hands, shape into 6 burgers*. Put the burgers onto a baking tray, cover with cling film or foil and then cool in the fridge for at least 30 minutes.
4. Cook on the barbeque for 6-7 minutes each side, turning them over once, until brown and cooked through. Alternatively, dry fry in a non-stick frying pan for 5-6 minutes each side, turning over once, until thoroughly cooked.
5. Serve in a wholemeal bread roll with homemade potato wedges and side salad.

HYGIENE NOTE

- * Always remember to wash your hands after touching raw meat and eggs.

ALLERGY AWARENESS!

This recipe contains: cereal containing gluten, soya, egg

