

Turkey and Ginger Burgers



Ingredients:

500g Minced turkey or chicken

1 tbsp Root ginger-peeled and grated

1 tbsp parsley-chopped – optional or used dried herbs

1 tbsp low salt soy sauce

1 carrot - peeled and grated

A handful of wholemeal breadcrumbs

Method:

1. Mix all ingredients together and shape into burgers
2. Dry fry over a low heat until cooked through

Serving suggestions:

Serve in a wholemeal roll with coleslaw.

Nutrition notes

Minced turkey and minced chicken are good alternatives to mince lamb and beef as chicken and turkey are naturally lower in fat. They can be substituted in recipes which require minced lamb or beef such as spaghetti bolognese.