

Turkey Burgers with Sriracha Lima Dressing

Burger Ingredients

- 500g turkey mince (2% fat)
- 400g (1 tin) kidney/black beans/quinoa
- ½ red onion, diced finely
- 1 egg
- 1 tsp garlic (fresh/frozen)
- ½ tsp paprika
- ½ tsp chilli/cayenne
- 2 tablespoons chopped parsley
- 1 tablespoon minced fresh sage
- 2 teaspoons chopped fresh thyme/rosemary
- Salt & pepper to season

Sriracha-Lima Dressing

- 150ml 0% fat Greek/plain yoghurt
- 1 lime juiced
- 2 teaspoons Sriracha

	PER 230G	%RI
Energy(Kj)	963 kJ	11%
Energy(Kcal)	228 kcal	11%
Fat	3.2 g	5%
<i>of which saturates</i>	0.9 g	5%
Carbohydrate	10 g	4%
<i>of which sugars</i>	4.5 g	5%
Fibre	6.1 g	24%
Protein	37 g	74%
Salt	0.56 g	9%

Instructions

1. Pre-heat your oven to 350 degrees.
2. Place the kidney/black beans, garlic, egg/olive oil, seasonings and fresh herbs in a food processor or blender and pulse until just combined. (It's okay if there are still a couple whole beans.)
3. Place the bean mixture in a large bowl with the ground turkey and the diced onion. Use your hands to mix the ingredients until just combined. Refrigerate the mixture for 20 minutes.
4. With damp hands, mould the turkey mixture into 6 patties, about ¾-inch in thickness. Place the patties on a greaseproof/baking paper or foil-lined baking sheet, transfer to the oven, and bake for 20 minutes until cooked through.
5. While the burgers are baking, prepare the Sriracha-lime crema. In a small bowl, whisk together the yoghurt, lime juice and Sriracha. Taste and season with salt and pepper.
6. Serve burgers warm with toasted pitta/wholemeal muffin or lettuce wraps and garnishes of your choice.



CALORIES:

19.1% Carbs

67.6% Protein

13.3% Fat