



## TURKEY BURGER

15 minutes

20 minutes

1 portion

### INGREDIENTS

- 100 grams of turkey mince
- 2 tsps coriander leaf, (1 g)
- 1 l spring onion, chopped finely (25 g)
- 1/4 tsp of TABASCO (1 g)
- 1/2 cumin (1 g)
- 1 gram of olive oil spray
- 1 mixed-grain roll (43 g)
- 15 grams of mixed salad leaves
- 2 tsp tomato chutney (5 g)

### COOKING METHOD

- 1° Place turkey, coriander, shallots, Tabasco and cumin in a small bowl. Mix until well combined, then shape into one thin patty.
- 2° Preheat hotplate/ frying pan on medium-high heat. Spray both sides of the patty with oil. Cook for 2-3 minutes each side or until golden brown and cooked through.
- 3° Split bread roll in half and place salad leaves on base. Top with patty and chutney. Place top of roll and serve.

### NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (192 g)	% DRI
ENERGY	153 kcal	293 kcal	15 %
FAT	6 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	14 %
CHOLESTEROL	36 mg	69 mg	23 %
SODIUM	169 mg	324 mg	14 %
CARBOHYDRATE	13 g	24 g	8 %
SUGARS	2 g	3 g	—
FIBER	1 g	3 g	11 %
PROTEIN	13 g	25 g	—