



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 | — |