

Turkey Burger/Pork and Apple Burger*

Prep time: 15 minutes Cooking time: 20 minutes



Ingredients

Turkey Burger

1 pack / 400g / 15oz turkey mince
2 bacon rashers, fat removed and chopped finely
1 onion, grated
1 slice of bread, toasted and grated into crumbs

Pork and Apple Burger

1 pack / 400g / 15oz lean pork mince
1 medium sized apple, grated
1 medium sized onion, grated
1 slice of bread, toasted and grated into crumbs
1 egg, beaten
1 tablespoon Worcestershire sauce
Black pepper to taste



Method.

For both kinds

- Combine all the ingredients in a bowl
- Separate into 4 large or 8 small balls and using your hands, shape into 1cm thick disc shapes
- Dry fry in a pan for around 15-20 minutes (turn half way through) or until the burgers are cooked - they will go a light brown/grey colour all the way through and juices will run clear
- Serve with a bread roll or wedges (see sides and delights section) and a side salad to make a complete meal

* Sourced from BDA, Teen Wise



Tip!

Try using lamb or beef mince with different herbs and spices eg. minty lamb burgers or chilli beef burgers.
An easy, tasty and fast food made by you.