

Turkey and Coriander Burgers

I'm a big fan of turkey mince because it is so low in fat, has a good protein content and is much cheaper and, in my opinion, tastes better than chicken.



- 500g turkey mince
- Large handful coriander, chopped
- 1 teaspoon turmeric
- 1 egg
- 2 tablespoons raw quinoa, blitzed until it resembles very fine breadcrumbs
- 2 tablespoon milk
- Squeeze lemon juice
- 1 tsp Worcestershire sauce

Preheat oven to 190°C.

In a cup, mix the milk and the ground quinoa and let it sit for a couple of mins.

In a bowl, mix together all of the other ingredients and then add the quinoa last. Using your hands, mix everything together really well.

Shape into patties or use a burger press (one of our most used kitchen gadgets – you should get one if you love burgers as they make perfect quarter pounders).

Place on a slightly oiled baking tray and bake for approx. 20 mins or until cooked through.

Serve with some salad and whole grain rice and maybe a dollop of mustard! Perfect 😊