

## Thai Turkey Burgers

– a favourite of mine. We have these 3 or 4 times a month in our house. Everyone loves them and they are super quick to make – bonus! I tend to make the kids' up first then add extra chilli to our mixture. You'll notice that I add grated courgettes to these burgers and I do it with regular burgers too. It's just my way of sneaking veg into my kids without them noticing ;-)

- 500g minced turkey
- 1 egg
- 1 small courgette grated
- 1 red chilli, diced
- 1 bunch spring onions, diced
- 2 cloves garlic, minced
- 1 teaspoon ground ginger
- 1 teaspoon coriander
- 1-2 tablespoons sesame oil

To serve: I sometimes like to wrap these in lettuce leaves and eat like a typical burger or just serve them next to a nice salad or grilled vegetables.

Combine all ingredients except sesame oil in a large bowl, and mix together well using your hands. Form 4 – 6 patties/burgers, and place on a plate. Heat sesame oil in a frying pan over medium-high heat, and fry each patty for 5 minutes on each side or until cooked through. Serve each pattie on top of a lettuce leaf, and top with avocado slices.