

Thai Green Turkey Burgers

Ingredients

400g Turkey Mince
1 Carrot
2 Spring Onions
2 Slices of bread/ 100g Breadcrumbs
1 egg
2TBS Thai Green Curry Paste



Method

Step 1: Add the mince to a bowl, grate in 1 carrot. Finely chop the spring onions and combine with the carrot, mince, egg and thai green curry paste.

Step 2: Using a food processor add 2 slices of your chosen bread and blitz to make into breadcrumbs. Add the breadcrumbs to bring all the ingredients together.

Step 3: Form the mixture into 6 patties.

Step 4: Add some olive oil to a pan and cook the patties for 7/8mins on each side.

Step 5: Serve in a bun with mayonnaise or in a lettuce leaf for less calories.