

CITY LIFESTYLES



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Recipe name: Steph Houghton's Spicy Turkey Burgers

Serves: 4 people

Preparation time: 20 mins

Cooking time: 15 mins

Starting line-up (*ingredients*):

500g turkey-mince, red onion, garlic clove, curry powder, coriander, egg, olive oil, burger buns, chutney



Warm-up (*preparation*):

Grate onion, crush garlic clove



Game plan (*method to make*):

1. In a large bowl, mix together the turkey mince, onion, garlic, curry powder, coriander and egg yolk with a little salt and pepper
2. Combine well with your hands, then shape into 4 flat burger patties
3. Heat the oil in a frying pan over a high heat, then cook the burgers for 5 minutes each side or until cooked through
4. Place the salad on the bottom halves of the buns, then top with the burgers and chutney



Substitutes

Chicken/low fat beef mince

Vegetarian/vegan alternative recipe

Chutney could be swapped for low fat yogurt or mayonnaise

Gluten intolerance – gluten free buns

Add small amounts of cheese

Nutritional benefits:

Turkey – great source of protein

Whole meal buns – slower energy release than white

Coriander - contains twice as much vitamin C as an orange

Garlic clove - good for the heart

Each serving provides 318k kcal, 26g carbohydrates, 34g protein, 9g fats



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