Recipes

Oven-Baked Turkey Burgers with Hidden Veg

Serves: 4
Prep Time: 15 minutes
Cook Time: 20 minutes

Ingredients:

- 500g Turkey mince
- 1/2 medium Grated courgette
- 1 small Grated carrot
- 1 clove Garlic (crushed)
- 1 tsp Dried oregano
- 1 Egg
- 50g Wholemeal breadcrumbs
- Salt & pepper (to taste)
- 4 Burger buns (wholemeal)
- Toppings (lettuce, tomato, yoghurt sauce) as preferred

Method:

Preheat the oven to 200°C. Mix all ingredients (except buns and toppings) in a bowl. Form into four patties and place on a lined baking tray. Bake for 20 minutes, flipping halfway, until golden and cooked through. Serve in buns with salad and a spoon of yoghurt or relish.

Tips:

- Freeze raw patties between baking paper for future use.
- Let kids build their own burgers at the table.