



Deluxe turkey burgers

Impress family and friends at your next BBQ with these quick and easy homemade turkey burgers



Serves 4

PREP TIME: 10 MINS COOK TIME: 20 MINS
COST PER PERSON: £1.76

1 tbsp olive oil
1 onion, finely chopped
500g British turkey lean thigh mince **by Sainsbury's**
zest of 1 lemon
2 tbsp fresh coriander, chopped
4 **Sainsbury's** SO Organic soft seeded wholemeal rolls

4 tbsp mild salsa **by Sainsbury's**
1/2 orange pepper, deseeded and finely diced
70g bag **Sainsbury's** wild rocket leaves
4 tbsp houmous **by Sainsbury's**



1 Heat the oil in a frying pan. Add the onion and cook for 5 mins. Leave to cool. In a bowl, mix the onion, mince, lemon zest and coriander.



2 Using your hands, mix the ingredients together until well combined.



3 Shape into four burger patties.



4 Place a griddle pan over a medium-high heat and cook the burgers for 5-7 minutes on each side, or until cooked through.



5 Cut the rolls in half and griddle the cut side for 1 min to lightly toast them.



6 Mix the salsa and orange pepper together in a bowl. Fill the rolls with a few rocket leaves, a patty, and a spoonful of houmous and the salsa.