

Moroccan turkey burgers with lemon yoghurt dressing

Serves 4 (three burgers) per serving

230 calories per serving

Ingredients

400g turkey mince
2 spring onions, finely sliced
1 red chilli, finely chopped
1 garlic clove, minced
1 small handful of flat-leaf parsley, finely chopped
1 small handful of coriander, finely chopped
1 courgette, grated
1 tsp Ras El Hanout
1 tsp ground cumin
Sea salt
Black pepper
Light olive oil
12-15 Iceberg lettuce leaves



Dressing

150ml low fat plain yoghurt
½ lemon, juiced

Method

1. Preheat the oven to 180C.
2. Add the turkey mince to a large bowl and break up.
3. Add the spring onions, chilli, garlic, herbs, courgette, spices, salt and pepper to the bowl and combine well.
4. Form the mixture into 12 balls and press each one down to form a burger shape.
5. Pour 100ml of oil into a large frying pan and heat. Add the burgers and shallow fry for a few minutes each side until browned.
6. Remove the burgers from the pan and then transfer to a plate topped with kitchen towel.
7. Place the burgers on a large roasting tin and cook for 10 minutes until cooked through.
8. Remove the burgers from oven.
9. Prepare the dressing by adding the ingredients to a small bowl and whisking with a fork.
10. Serve three burgers per person with lettuce leaves to use as a wrap. Top the burgers with lemon yoghurt dressing. You could also serve with a small serving of grain-based salad such as quinoa or brown rice.