

Christmas turkey burgers

Food Foundations • another NAQ Nutrition program

Ingredients – serves 20

- 2 Tb oil
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 1kg turkey mince
- 1 cup wholemeal breadcrumbs
- 2 Tb tomato paste
- 1 tsp smoked paprika
- 20 slices of cheese
- 1 head of lettuce, leaves
- 4 tomatoes, sliced
- 20 small-medium grainy bread rolls



Method:

1. Heat oil in a large frying pan over medium heat.
2. Add onion and garlic. Cook, stirring occasionally, until softened. Remove from pan and place aside.
3. Add mince, breadcrumbs, tomato paste and paprika to onion mixture. Mix ingredients together until well combined.
4. Divide mixture into 20 equal portions. Roll each portion into a ball, and then flatten balls slightly to form patties.
5. Cook the patties in frying pan over medium heat until and cooked through.
6. Assemble burgers with cheese, lettuce and tomato.
7. Serve.

Add slices of **red** and **green** capsicum to add a Christmas colour flair!

Food Group	Serves provided per portion
Vegetables and legumes	0.85
Grains (cereal) foods	1
Milk, yoghurt and cheese	0.5
Meat and alternatives	0.5