


## Turkey Burgers with Coleslaw

**Serves:** 4

**Prep time:** 15 minutes

**Cook time:** 20 minutes

 1 serve per portion

### Ingredients

1 tablespoon olive oil  
1 onion, finely chopped  
1 garlic clove, crushed  
500g turkey mince  
½ cup wholemeal breadcrumbs  
2 tablespoons barbeque sauce  
½ teaspoon smoked paprika  
½ cup cheddar cheese, reduced fat, grated  
¼ cabbage, thinly sliced  
1 carrot, grated  
½ capsicum, thinly sliced  
¾ cup yoghurt, reduced fat  
4 wholegrain burger buns

### Method

PREHEAT oven to 180°C.

HEAT half the oil in frypan over medium heat. Cook onion and garlic for 4 minutes or until soft. Set aside to cool.

COMBINE turkey mince, breadcrumbs, barbeque sauce, paprika and cooled onion mixture in a bowl and divide into 4 patties.

HEAT remaining oil in pan and cook patties for 3 minutes on each side or until browned.

TRANSFER patties to a lined baking tray and bake in oven for 10 minutes.

REMOVE patties from oven and sprinkle with cheese. Stand for 5 minutes to allow cheese to melt.

COMBINE cabbage, carrot and capsicum in a large bowl. Add yoghurt and toss to combine.

ASSEMBLE coleslaw and patties in burger buns and serve with barbeque sauce if desired.



Everyday Food

*Recipe courtesy of the Country Kitchens team*