


Turkey and Cranberry Burgers

Serves: 4

Prep time: 15 minutes + 30 minutes soak time

Cook time: 10-15 minutes

 1 serve per portion

Ingredients

60g dried cranberries
2 tablespoons fresh orange juice
250g lean turkey mince
1 medium onion, finely diced
¼ cup wholemeal breadcrumbs
1 egg, beaten
2 sage leaves, finely chopped
2 teaspoons olive oil
4 wholemeal bread rolls
4 tablespoons beetroot and juniper relish
2 cups salad leaves

Method

SOAK cranberries in orange juice for 30 minutes.
COMBINE mince, onion, soaked cranberries, breadcrumbs, egg and sage in a bowl.
DIVIDE mixture into 4 patties.
HEAT oil in a non-stick frypan over medium heat.
ADD patties to the pan and cook for 6 minutes on each side or until cooked through.
SERVE on wholemeal bread rolls with relish and salad leaves.



Everyday Food

Recipe courtesy of Sara Faddy, Maleny Branch