



serious about...

Recipes

Turkey Burgers with Beetroot Relish



Ingredients

- 500g pack turkey mince
- ½ tsp dried thyme or 2 tsp fresh
- 1 lemon
- 250g cooked peeled beetroot (not in vinegar), finely diced
- 1 small red onion, finely chopped
- 2 tbsp chopped parsley
- 2 tsp olive oil
- 2 tsp AJ's wholegrain mustard
- Little Gem lettuce, to serve
- Wholemeal pitta bread, to serve

Method

1. Tip turkey into a bowl with the thyme. Finely grate in the zest from the lemon and add a little seasoning. Use your hands to mix the ingredients well, then shape into 4 patties. Chill until ready to cook. Can be frozen for up to 1 month.
2. Mix the beetroot with the juice from ½ the lemon, onion, parsley, oil and mustard. Grill, griddle or barbecue the burgers for about 6 mins each side and serve with the beetroot relish, lettuce and pitta breads.

TIP

These turkey burgers freeze well, so why not make double and freeze for another time?