



RECIPE

CORONATION TURKEY BURGERS

INGREDIENTS

2 tbsp olive oil
1 large onion, finely chopped
2 garlic cloves, crushed
50g Breadcrumbs
450g/1lb minced turkey
100g dried apricot, finely chopped
1 large carrot, grated
1 egg, beaten
cucumber slices, to serve

FOR THE SAUCE

3 tbsp mayonnaise
1 tsp mild curry powder, to taste
1/4 tsp ground cinnamon
1 tbsp mango chutney

EQUIPMENT

Garlic Crusher
Heat source for cooking
burgers
Bowl and spoon
Chopping Board
Knife

INSTRUCTIONS

1. Heat 1 tbsp oil in a pan and gently fry the onion for 5 mins until soft. Add the garlic and cook for 1 min. Tip into a bowl and set aside to cool.
2. Add the rest of the ingredients to the cooled mixture and mix well with your hands. Season to taste and shape into 8 patties.
3. Heat oven to 200C/fan 180C/gas 6. Heat the remaining olive oil in a large, non-stick frying pan and sear the burgers

Top Tip: You can serve the burger with your favourite salad and sauce.

