

Cranberry Turkey Burgers



Serves 4

Prep 45 mins

Cooking 25 mins

Easy

Ingredients

350g lean minced turkey
1 onion, finely chopped
1 tbsp chopped fresh sage
6 tbsp dried white breadcrumbs
4 tbsp cranberry sauce
1 egg white, lightly beaten
2 tsp sunflower oil
salt & pepper

To serve

4 toasted granary or wholemeal buns
1/2 lettuce, shredded
4 tomatoes, sliced
4 tsp cranberry sauce

1. Combine the turkey, onion, sage, breadcrumbs and cranberry sauce and season to taste with salt & pepper, then bind with egg white.
2. Press into 4 x 10 cm rounds, about 2 cm thick. Chill the burgers for 30 mins.
3. Line a grill rack with baking paper, making sure the ends are secured underneath the rack to ensure they don't catch fire. Place the burgers on top and brush lightly with oil. Put under a pre-heated moderate grill and cook for 10 mins. Turn the burger over, brush again with oil and cook for a further 12-15 mins until cooked through.
4. Fill the burger buns with lettuce, tomato and a burger and top with cranberry sauce.