

Greek Turkey Burgers



Serves 4 **Prep 20 mins**

Cooking 20 mins

Easy

Ingredients

450g lean ground white turkey meat
2 spring onions, finely chopped
1 small courgette, grated
1 large egg white
small bunch fresh parsley, chopped
1/2 tsp ground cumin
salt & pepper
4 tsp olive oil
1 tomato, chopped
1/4 small red onion, finely chopped
125g crumbled feta cheese
4 whole-wheat buns
lettuce

1. In a bowl, combine the turkey, spring onions, courgette, egg white, parsley, cumin, and 1/2 teaspoon each salt and pepper. Shape the mixture into four 2cm-thick patties.
2. Heat 2 teaspoons oil in a large non-stick frying pan over medium heat. Cook the burgers until cooked through, about 5 minutes per side.
3. Meanwhile, in a bowl, toss together the tomatoes and onion with the remaining 2 teaspoons oil and 1/4 teaspoon each salt and pepper. Fold in the feta. Serve the burgers on the buns with lettuce and the tomato-feta relish.