

# Lean Turkey Burger & Sweet Potato Wedges



**Serves 2**

**Prep 15 mins**

**Cooking 25 mins**

**Easy**

## Ingredients

1 large sweet potato (about 190g), cut into wedges

260g turkey breast mince (under 5% fat)

1 small red onion, diced

1 large egg, beaten

1 apple (about 70g), peeled & grated

2 tsp dried oregano

1 tsp paprika

1 tbsp oil

135g green vegetables (spinach, kale, broccoli, mange tout or green beans)

1. Heat oven to 180C/160C fan/gas 4. Zap the sweet potato wedges in the microwave for about 6 mins on full power until just turning soft. Leave to rest for 30 secs.
2. While the sweet potato is spinning in the microwave, mix the mince in a bowl with the onion, garlic, egg and apple. Get your hands stuck in and work the ingredients together with a good pinch of salt and pepper, the oregano and paprika. Shape the mixture into two burgers about 3cm thick. Place on a baking tray in the oven for 15-20 mins until cooked through.
3. Heat the oil in a large frying pan over a high heat. Add the sweet potato wedges and shallow-fry for about 3 mins each side until they are nicely browned all over and cooked through to the centre. (Alternatively, toss in the oil and roast in the oven for 15-20 mins.) Drain on kitchen paper, then season with a good pinch of salt.
4. Serve the burgers with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled.