

Turkey & Courgette Burgers, Sumac Sauce



Serves 4 - 6

Prep 15 mins

Cooking 15 mins

Easy

Ingredients

500g turkey mince
1 large courgette, coarsely grated (\pm 200g total)
40g spring onions, finely sliced
1 medium egg
1 tsp ground cumin
salt
1/2 tsp coarse ground black pepper
1/2 tsp paprika
100ml sunflower oil for searing

Soured cream & sumac sauce

100g soured cream
150g Greek yoghurt
1 tsp grated lemon zest
1 tbsp lemon juice
1½ tbsp olive oil
1 tbsp sumac
salt
1/4 tsp black pepper

1. First make the soured cream sauce by placing all the ingredients in a small bowl. Stir well and set aside or chill until needed.
2. Preheat the oven to 220C/200C Fan/Gas 7. In a large bowl, mix together all the ingredients for the meatballs, bar the sunflower oil. Once evenly mixed, shape into burgers, weighing about 45g each and making about 18.
3. Pour enough sunflower oil into a large frying pan so you get a thin layer at the bottom, about 2 mm thick. Heat well and sear the meatballs in batches over a medium heat on all sides. Cook them for about 4 minutes, adding oil as needed, until golden brown.
4. Carefully transfer the seared meatballs into an oven tray lined with greaseproof paper and place in the oven for 5-7 minutes, or until just cooked through. Serve warm or at room temperature, with the sauce spooned over or on the side.