

Turkey Burgers with roasted potatoes

Ingredients – serves 4

4 potatoes, unpeeled and cut in half or into wedges

2 tsp olive oil

Salt and pepper

1 tbsp paprika (optional)

500g lean minced turkey (you can use beef, or chicken mince, whichever you prefer and might have)

1 small onion, diced

1 egg, beaten

2 tsp Worcestershire sauce (optional)

1 tsp chilli paste (optional)

Broccoli



Method

- Preheat the oven to 200°C/400°F/gas mark 6. Line a baking tray with parchment paper.
- Place the potatoes into boiling water for about 15 minutes.
- Drain the potatoes and then put them on a baking tray and drizzle with the olive oil. Season with salt and pepper and add the paprika, tossing well so that all the wedges are coated with the oil and seasoning. Cook in the oven for 30–40 minutes, until the edges are brown and crisp.
- In a large bowl, combine the minced turkey, diced onion, beaten egg, Worcestershire sauce and chilli paste if desired. Mix really well – you may need to get your hands in. Once combined, make into four equal-sized patties.
- Place the burgers on the lined baking tray and cook in the oven alongside the potatoes for 20–30 minutes, until cooked through. Alternatively, you can pan-fry the burgers.
- Serve the burgers with the roast potatoes and broccoli. If you crave the full burger experience, you can serve them in a bread bun and add cheese.