

TURKEY BURGERS

Serving Size: 6

INGREDIENTS:

- ground turkey 1 lb
- BBQ Sauce 1/4 cup
- sweet chili sauce 1/4 cup
- lemon juice 2 tbsp
- fresh garden herbs
- pepper
- salt
- hamburger buns 6
- tomato 6
- white cheddar cheese 6 slices
- romaine lettuce 6 leaves
- pickles 6
- avocado 2

METHOD:

EQUIPMENT:

- large bowl
- gloves
- measuring cups
- measuring spoons
- chef knife
- paring knife
- chopping board



1. Mix together BBQ sauce, sweet chili sauce, lemon juice, salt, pepper and herbs in a large bowl. Then add ground turkey and mix using hands until evenly mixed.
2. Form round patties (approx. 8-10 cm in diameter) using hands.
3. Cook patties on a medium-high grill for approx. 5 minutes per side. Add slice of white cheddar cheese on top until just melted. Take off grill.
4. Serve on a toasted hamburger bun and garnish with tomatoes, avocado, onions, pickles and any other suitable toppings