

# Turkey burgers

A simple recipe that is great for the barbecue or the grill and makes a change to the traditional burger using turkey mince instead of beef.



## Ingredients

### Serves 4

- 600g turkey mince
- 1 egg
- 2 Small grated carrots
- 10g chopped fresh coriander leaves
- 2 tsp of powdered coriander
- 1 tsp of chilli powder (omit if this causes symptoms)
- 20g grated ginger
- 1 tsp of cumin
- 1/2 flat teaspoon of asafoetida (if following a gluten-free diet ensure that asafoetida is wheat free)
- salt and pepper to taste

## Method

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Place turkey mince into a mixing bowl and add other ingredients. Mix well (clean hands are best!)

The mix is rather wet, squeeze out excessive water before shaping into a burger.

Shape each burger and cook till the mix is cooked though, for around 20 minutes under a grill or on the barbecue.

Serve on a gluten free burger bun, pitta or wrap with rocket.