

Homemade Burgers

Ingredients **Makes 4**



- 300g turkey mince
- 1 onion, grated
- 1 carrot, grated
- 2 garlic cloves, crushed
- 1 tsp wholegrain mustard
- 1 tbsp Worcestershire sauce (optional)
- 1 egg
- 2 tbsp oil
- 2 tsp paprika
- 2 tsp mixed herbs
- 2 tsp black pepper
- 4 burger buns

Method

1. Heat the oil in a frying pan and add the onion, cook for a 5-6 minutes until slightly softened.
2. Add the carrot and garlic and cook until soft.
3. Put the mince, Worcestershire sauce (if using), herbs and spices and egg in a bowl and mix.
4. Add the vegetables into the mince and mix well
5. Divide the mixture into 6 and flatten to make burgers
6. Heat oil in a frying pan and cook the burgers until the bottom is browned and flip and cook the other side.
7. Add to your burger bun, top with some cheese and your favourite relish or sauce. Try serving it with a crunchy side salad for a perfect dinner!

