

Recipe name: Turkey Burgers

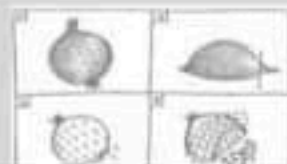
1 small onion
250g lean turkey mince
1 tsp mixed herbs
2 tsp Worcestershire sauce
Pinch pepper
4 wholemeal rolls
2 tomatoes
1/4 lettuce

Serves 4



Key Skills in this recipe: Protein Foods, Shaping, Using the grill, Food Safety and Hygiene - focus on meat and cross contamination.

Equipment: red board, knife, chopping board, bowl, pastry brush, grill pan, bowl, measuring spoons



Prepare yourself and your ingredients.

Preheat the grill to 200c, line the grill pan with foil.

Peel and finely dice the onion - remember to leave the root on until the end!



Wash and thinly slice the tomatoes.

Finely shred the lettuce.

Put the turkey mince into a bowl and add the onions, pepper, herbs and Worcestershire Sauce.



Shape the mince into 4 equal sized burgers. Brush the burgers lightly with oil.

Grill the burgers for about 5 minutes on each side - make sure they are cooked...there should not be any pink juices.

Cut the rolls in half (you can toast if you have time) and place burgers in the bun with lettuce and tomato to serve.