

Turkey Burger & Sweet Potato Fries

(serves 2)

Have a go at making your own burger 'n' chips! Using low-fat turkey mince reduces the calorie & fat content of the burger, and roasting your sweet potato is a delicious & satisfying alternative to the fried version. We've gone for a lemon mayonnaise but you could add a sweet chilli jam or chives with mayo instead, or go beyond your classic ketchup & opt for tomato salsa or guacamole. Sauteed mushrooms, onions, peppers, courgettes all make great accompaniments whilst adding more veggies to the plate!



Ingredients

- 2x brioche buns (or ordinary burger buns – depends what you prefer)
- 250g turkey mince
- 1x egg
- 3 tbsp plain flour
- 300g raw sweet potato (skin on)

- Kale (raw)
- 2x garlic cloves, finely chopped
- 4 tbsp low fat mayonnaise
- Dash of lemon juice
- Salt & pepper to season
- Olive oil spray
- 3x baking trays
- **Garnish ideas:** Mushrooms / onions / peppers / courgettes / cheese

Method

- 1) Preheat oven to 180 degrees / gas mark 4. Rinse the sweet potato & chop into slices, choosing how thick you want your wedges. Spray generously with olive oil and season with salt & pepper. Place in the oven for 15-20 minutes. Blasting them for 2 minutes in the microwave first will get you even softer wedges
- 2) In a mixing bowl, add the turkey mince, garlic cloves, salt & pepper, and crack an egg into the mixture. Combine with your fingers until the egg is mixed in well, then add the flour one tbsp at a time until you are able to handle the mixture. Mould the mixture into 2 equal sized burgers of 3-4cm thickness and place in the oven on a baking tray for 15-20 minutes
- 3) Tip the raw kale onto a baking tray and spray generously with olive oil. Season with salt & pepper and place in the oven for the last 5 minutes of cooking, until crispy (this will take less time than you'd think!)
- 4) Combine 4 tbsp low-fat mayonnaise with lemon juice (or your preferred flavouring) in a small bowl
- 5) Once the burgers are cooked through, place on the brioche bun. Add toppings as desired. Place the wedges & kale on the plate and serve with the mayonnaise dressing

Nutritional Profile per serving

Calories (kcal)	700
Carbohydrate (g)	84
Fat (g)	22
Protein (g)	42
Fibre (g)	9

Top tip: Crispy kale not your thing? Why not try adding a simple side salad instead to make sure you create a balanced plate. Roasted or green vegetables also make great accompaniments.