

THAI STYLE TURKEY BURGERS. ASIAN SLAW, RICE NOODLES

Serves 2, makes 4x 125g burgers

500g turkey mince (breast meat)

15g (1tbsp) lazy chilli

15g (1tbsp) lazy garlic

15g (1tbsp) lazy ginger

1 tbsp rice or gluten free flour

1 egg

2 tbsp fresh coriander, finely chopped

2 spring onions, finely chopped

Mix all ingredients together and set aside. Make your slaw.

Rice noodle & asian slaw.

Make dressing by mixing together 2 tbsp sesame oil, 2 tbsp glutenfree soya sauce, 1 tbsp thai fish sauce, 2 tbsp sweet chilli sauce & juice from one fresh lime

Grate 2 carrots & 1 courgette, finely slice 1 red onion & 1 red pepper, slice 1/4 of a chinese cabbage and a pack of mange tout.

chop 1 small bunch of spring onions & small bunch of coriander.

Pre cook 100g of fine rice noodles.

Mix together all ingredients and allow flavours to infuse for 15 minutes.

Check seasoning and then sprinkle over 2 tbsp sesame seeds & 1 tbsp black onion seeds.

To cook the burgers, divide mix into 4, use a 90mm pastry cutter if you are feeling flash to make up nice rounds, if you are feeling 'rustic' form into burger shapes and pan fry for 2 minutes each side, then into a pre heated oven at 190c for 10-12 minutes.

Check they are cooked through.

Serve with the rice noodle and asian slaw.