



# LEAN BURGERS

*By Mr Colchester and Miss Ormes*



## INGREDIENTS

- sweet potatoes
- turkey mince
- red onion (chopped)
- an egg
- paprika
- garlic
- oregano
- bagged salad (to serve)

## PREP TIME

- Prep | 10 m
- Cook | 25 m
- Ready in | 35 m

## PROCEDURE

- 01** Chop the sweet potatoes in to thin fries and microwave for 6 mins.
- 02** In a large bowl, add the turkey mince, onions, egg and spices. Combine with your hands.
- 03** Shape the mince into patties and place them on an oven-proof tray.
- 04** Cook the burgers in the oven for 20-25 mins at 180 degrees - keep an eye and turn them over half way through.
- 05** Season the sweet potato fries and fry for about 3-4 mins.
- 06** Serve and enjoy the tasty goodness!