

# Turkey burgers

## Ingredients

Serves 6

- 500g 2% fat turkey mince
- 2 garlic cloves
- ½ red onion
- 1 tbsp sliced jalapeños
- 100g light feta cheese
- ½ tsp paprika
- ¼ tsp cayenne pepper
- ½ tsp cumin
- Few sprays of low-calorie cooking spray
- 6 wholemeal buns

## Method

1. Crush the garlic, finely dice the onion and jalapeños and crumble the feta cheese.
2. Add all the ingredients to a bowl and mix together well. If you have time, cover and leave to marinate in the fridge, or you can use the mix straight away.
3. Split into 6 equal pieces and form into patties.
4. Heat a frying pan and spray with low-calorie cooking spray.
5. Cook burgers for 10 minutes, turning halfway.
6. Serve in a wholemeal bun. For an extra crunch you can serve with carrot, cucumber and lettuce.

## Beezee top tip:

We made our burgers hot 'n' spicy - so you can turn up the spice too by adding jalapeño peppers.

