Turmeric and Basil Roasted Turkey Burger



Serves 2

Ingredients

Burger

2 burger buns with sesame or poppy seeds, cut in half
½ cup of watercress

Avocado mash

1 avocado, peeled and seeded
The juice of half a lemon
Salt to taste

Turkey patties

2 tbsp. of olive oil
2 cups of chopped roasted turkey
½ cup of breadcrumbs
2 eggs
2 tbsp. of chopped fresh basil
¼ teaspoon of turmeric
Salt and pepper, to taste

Red cabbage salad

¾ cup of red cabbage, thinly sliced
¼ cup of pomegranate seeds
1 green onion, thinly sliced
2 tbsp. of red wine vinegar
1 tbsp. of olive oil
2 teaspoons of sugar

Turmeric and Basil Roasted Turkey Burger

Preparation

1. In a small bowl, mash the avocado using a fork, mix it with the lemon juice and season it with salt. Set it aside.
2. For the turkey patties, combine all the ingredients in a bowl, except the olive oil. Separate the mixture into two equal parts and form two patties. Set it aside.
3. In another bowl, mix all the ingredients of the cabbage salad and season them well. Set it aside.
4. Heat the olive oil and brown the patties (5 minutes per side) on a non-stick skillet over medium heat.
5. In the same pan, brown the inside of the buns.
6. Garnish the base of each bread with mashed avocado, a turkey patty, coleslaw and watercress, then close it with the remaining bread.