

1. In a large bowl, mix together all the ingredients until well combined.
2. With damp hands, shape into 4 large burgers or make into smaller ones to cut down on cooking time.
3. Grill on both sides until golden and cooked through.
4. Serve in a wholemeal roll or in pitta bread with crispy salad.

500g British turkey mince
1 clove garlic, crushed
2-3 tbsp sweet chilli sauce
2 tbsp fresh coriander, chopped
3 spring onions, finely sliced
Black pepper to season

MAIN COURSE***'What's Cooking!' Recipe Card*****SWEET CHILLI TURKEY BURGERS****Food Fact:-**

Turkey meat is very low in fat and is economical. It is very important to check that burgers are cooked through to the centre.

Preparation time 10 MINS

Cooking time 15 MINS

SERVES 4-6