



CHIPS Cookery Club

Recipe – Homemade Turkey Burgers with fried onions

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Ingredients Serves 4 people

250g minced turkey
½ red onion plus one red onion
Mixed herbs
½ beaten egg
4 x 15ml olive oil
40g plain flour

4 burger buns
salad
black pepper

Equipment needed

Chopping board
Small cooks knife
Measuring spoons
Medium bowl
2 x Frying pans
Wooden spoon



Halve and peel the red onion.



Add the pepper and herbs and any other spices that you wish to add.



Slice and then cut into very small dice.



Mould the burgers into burger shapes no more than 1cm thick. Coat with flour on both sides.



Add to the turkey mince and mix well together.



Fry gently in a frying pan with half of the oil for 4-5 minutes.



While the burgers are cooking, peel and slice the whole onion.



Turn the burgers over and cook until golden brown and cooked through.



Add 2 x 15ml oil to the frying pan and slowly cook the onions.



Serve in a bun with salad and the cooked onions. Top with relish or ketchup.

Try adding garlic, chopped coriander and curry powder to the mixture to make a spicy burger.

You can add an egg to bind the mixture together.

Try coating with flour, egg and breadcrumbs for a crunchy burger.

Try using different meat; beef, lamb or pork. Just make sure that the burgers are cooked through.

The burgers can be cooked on a barbeque.

You could freeze the burgers and use as needed. They will take longer to cook from frozen.