

Kiev-Style Turkey Burgers with Sweet Potato Fries

Juicy turkey burgers inspired by classic Chicken Kiev, filled with a rich garlic-herb butter that melts beautifully into every bite. Served with crispy, golden sweet potato fries for the perfect balance of savoury, buttery and slightly sweet flavours.

Nutritional Info

Calories: 692 kcal
Carbohydrates: 88 g
Protein: 45 g
Fat: 17 g

Ingredients

- Turkey Mince
- Sweet Potato
- Garlic
- Salad Leaves
- Fresh Parsley
- Egg
- Breadcrumbs
- Plain Flour
- Balsamic Glaze

Your Pantry

- Olive Oil
- Salt
- Pepper
- Butter

Allergens

Wheat (Breadcrumbs)
Egg (Egg)
Sulphites (Balsamic Glaze)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.

METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) *Preheat the oven to 200°C*

2) *Prepare the potatoes*

Cut the sweet potato into thin wedges and put in a bowl. Drizzle with oil and season with salt and pepper. Toss to ensure all the potatoes are evenly coated. Spread across a baking tray and place in the oven for 30 mins, tossing halfway through.

3) *Prepare the garlic butter*

Finely chop the parsley. Peel and crush the garlic. Mix it in with half the parsley and 25g of butter per person.

4) *Make the burgers*

Mix the turkey mince with ½ the parsley, ⅓ of the breadcrumbs and a pinch of salt and pepper.

Divide into two balls. Press out the balls and place a teaspoon of butter in the centre. Mould the turkey mince around the butter so it's enclosed and then gently press down into a burger shape (not too flat).

Beat the egg and put in a dish. Pour the panko breadcrumbs onto another plate with a pinch of salt and pepper. Put a few tablespoons of plain flour onto another plate.

Roll the burgers in the flour, then dip in the egg, and then coat in the panko breadcrumbs. Repeat until all the burgers are done.

5) *Fry the burgers*

Heat a large, non-stick frying pan on medium heat with a small drizzle of oil. Once nice and hot, add your burgers, cooking for about 5 minutes before flipping and cooking for another 5 minutes on the other side.

6) *Serve the dish*

Toss the leaves in the balsamic glaze. Serve on a plate alongside the sweet potato fries and the kiev burgers. Pour the remaining butter over the turkey burgers. Enjoy!

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