



INCABERRIES

Pork, Chicken or Turkey burgers with Incaberries and feta

Serves 6

Ingredients

600g of pork, or chicken or turkey mince
½ cup Incaberries, chopped
1 clove garlic, crushed
¼ cup chopped flat leaf parsley
¼ cup chopped mint
⅓ cup crumbled reduced fat feta
cracked black pepper to taste
6 tablespoons low fat natural yoghurt, to serve

Method

Place the mince in a large bowl with the Incaberries, garlic, herbs, feta and pepper. Mix together until fully combined.

Roll the mixture into balls and flatten with the palm of your hand to form patties. Transfer to a baking tray lined with non stick baking paper and refrigerate for 15 minutes.

Preheat oven to 175C.

Remove the patties from the fridge. Spray a large non stick frying pan with canola oil spray. Cook the patties (in batches if necessary) over medium heat for 2-3 minutes each side until golden. Transfer the patties back to the baking tray and place in the oven for 8-10 minutes to finish cooking completely.

Serve the patties with a tablespoon of yoghurt, or between toasted Turkish bread with salad as a burger.

Nutrients per patty (6 serves)

1100kJ energy, 27g protein, 12g total fat (5g saturated fat, 1.5g polyunsaturated fat, 4.7g monounsaturated fat), 9g carbohydrates, 8g sugars, 3g fibre, 230mg sodium