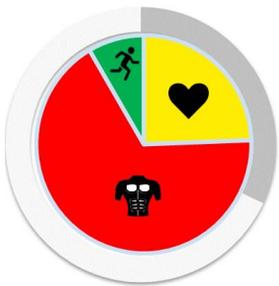




TURKEY BURGERS WITH FETA & SPINACH

SERVES 2 **PREP ~ 16mins** **SUITABLE FOR:** Gluten Free

These burgers provide a great hit of protein without the guilt that may come with traditional burgers! As protein is important to kick-start the muscle remodelling process these burgers act as a great meal after any resistance training. Added to the fact they can be combined with a bun to provide carbohydrate this meal is a winning combination for recovery. The feta, which is a low fat cheese, adds bags of flavour & texture, & spinach is high in anti-oxidants & nitrates, which can aid recovery..



NUTRITION INFO

Health Score 3.1. High in Vit A, Vit K & Protein

| Kcal | Carbs | Sugar | Protein | Fat | Sat Fat | Fibre |
|-------|-------|------------|---------|-----|------------|-------------|
| 288.2 | 4.4g | 2.1 (2.3%) | 35.2g | 14g | 6g (30.1%) | 0.5g (1.2%) |

INGREDIENTS

- ~ 400g. Turkey Mince
- 1 Egg
- 1-2 Garlic Cloves or Garlic paste
- 2 Cups Spinach
- ½ Cup Feta Cheese
- Rape Seed/ Olive Oil
- Seasoning
- Optional bread buns

METHOD

1. Pre-Heat Grill or cook in a pan
2. Wilt the spinach in a pan with a little water
3. Place in a mixing bowl the turkey, garlic, egg, crumbled feta, drained spinach & optional sauce. Season, & mix together with hands.
4. Shape into disks with ~ 2-3cm depth
5. Grill or fry for ~ 5-6min on each side or until the meat has browned

