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## FESTIVE TURKEY BURGER

Prep: 50mins – Makes 4 – Easy

For the cranberry sauce:

150g frozen cranberries  
4 tbsp port wine  
60g sugar

For the burgers:

1 onion  
sunflower oil  
500g turkey mince\*  
1 egg  
1 tbsp fresh thyme  
2 tbsp breadcrumbs  
 $\frac{3}{4}$  tsp salt  
pepper

300g Brussels sprouts  
1 tsp fennel seeds  
mayonnaise  
4 burger buns (preferably brioche buns)

1. Put the cranberries, the port wine and the sugar into a saucepan and bring to the boil. Cook for 10 minutes until sticky, pour into a bowl and set aside to cool.
2. Clean and trim the Brussels sprouts and cut into fine strips, preferably with a mandolin. Set aside.
3. For the burgers: peel and finely chop the onion. Heat 1 tbsp of sunflower oil in a frying pan and fry the onion for 5 minutes until soft. Set aside to cool.
4. Put the turkey mince into a bowl, add the cooled onions, the egg, thyme, breadcrumbs, salt and pepper and mix until everything is well incorporated.
5. Shape 4 burger patties out of the meat – the mixture will be quite soft, so best shape the burgers on a chopping board, then lift with a spatula in order to lay them into the frying pan.
6. Cover the bottom of the frying pan with sunflower oil. Fry the meat patties in the hot oil on a medium heat for 6 minutes on each side, until the meat is cooked.

7. Meanwhile, heat 1 tbsp sunflower oil in a second frying pan and fry the shaved Brussels sprouts with the fennel seeds over a high heat. Gradually add about 6 tablespoons of water, so that the Brussels sprouts cook. After approximately 8 minutes, the Brussels sprouts are al dente. Take off the heat and season with salt.
8. Slice open the burger buns and toast them. Spread some mayonnaise on the bottom of each burger bun, top with stir-fried Brussels sprouts, then place a burger patty on top and spread a bit of cranberry sauce over the patty. Top with the burger buns.

\* If you can't get hold of turkey mince, you can use 500g of turkey breast meat and finely chop it in a food processor.

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