Turkey, Apple and Sage Breakfast Patties with Toast

12 small turkey patties; 3 patties and 2 toast slices per serving | Active 25 min | Cook 20 min | Total 45 min

Ingredients

- 1 1/2 lb 93%-lean ground turkey (680 g)
- 1–2 apples, cored: 120 g coarsely grated and lightly squeezed for patties, plus 80 g fresh slices for serving (200 g prepared total)
- 1/3 cup plain dry breadcrumbs (35 g)
- 1 large egg (50 g without shell)
- 2 teaspoons dried rubbed sage (2 g)
- 1/2 teaspoon fine salt (3 g)
- 1/2 teaspoon ground black pepper (1 g)
- 1 tablespoon olive oil (15 ml), divided between batches
- 8 slices whole-wheat bread (280 g total)

Set out

Box grater, Mixing bowl, 12-inch/30 cm nonstick or well-seasoned skillet with a usable flat base at least 10 1/2 inches/27 cm across, Thin spatula, Toaster, Food thermometer, Clean cooked-patty holding plate and refrigerator space for remaining raw patties

Allergens

Wheat, Egg. Check labels and substitutions.

Make it

1. Set aside 80 g clean fresh apple slices for serving. Coarsely grate enough additional apple to provide 120 g after lightly squeezing away free juice.

2. Combine turkey, grated apple, breadcrumbs, egg, sage, salt and pepper just until evenly mixed. Divide into 12 patties, each about 3 inches/7.5 cm across and about 5/8 inch/1.6 cm thick. Wash hands and clean raw-meat equipment.

3. Before heating, choose two batches of six only if the patties fit with gaps on the stated usable base; otherwise use three batches of four and allow about 10 minutes longer. Divide the same measured oil equally among your chosen batches. Heat the first oil share over medium heat and cook the first batch 4–5 minutes per side until every tested center reaches 165°F/74°C, adjusting heat if browning too fast. Transfer to a clean plate and keep warm.

4. Repeat with each remaining batch and its allocated oil, checking 165°F/74°C. Keep uncooked patties covered in the refrigerator until their turn. Toast the bread while the final batch cooks.

5. Serve each portion with 3 patties, 2 slices of toast and one quarter of the reserved fresh apple slices.

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Estimated nutrition per serving

Calories: 540 kcal | Protein: 43.5 g | Carbohydrate: 43.7 g | Fat: 21.8 g | Fiber: 6.1 g. One of 4 servings. Batch yield: 12 small turkey patties; 3 patties and 2 toast slices per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Breakfast after a late finish

A batch of twelve makes four clearly portioned breakfasts, which can be useful when the next morning starts early. Freeze patties you will not use within three days. Reheat the meat first and make toast while it warms, keeping the plate satisfying without requiring another full cooking session.

A useful detail

Lean turkey brands vary in moisture. If the mixture is very soft, refrigerate it for 10 minutes before shaping; add that chilling time to your schedule.

Another way

Use 680 g ground chicken and cook to the same 165°F/74°C center temperature.

For a different herb profile, replace sage with 2 teaspoons dried thyme; keep the apple and all other quantities unchanged.

Keep it well

Refrigerate cooked patties within 2 hours, or 1 hour above 90°F/32°C, and keep at 40°F/4°C or below for up to 3 days. Freeze patties in a single layer, then bag for up to 2 months. Thaw in the refrigerator and reheat to 165°F/74°C. Toast fresh and slice the serving apple shortly before eating.