# Turkey and Courgette Burgers with Yogurt Slaw

2 whole-wheat-roll burgers, each with 1 turkey-courgette patty and half the yogurt slaw · Active 30 min · Total 1 hr

Skills: Beginner with ordinary kitchen equipment

## Ingredients

• About 9 oz 93%-lean ground turkey (250 g raw)

• 1 small courgette/zucchini, washed and trimmed (100 g raw before grating and squeezing)

• 3 tablespoons plain dry breadcrumbs (20 g)

• 2 teaspoons olive oil (10 ml/about 9 g)

• 2 large plain whole-wheat dinner rolls (120 g total), split

• 2 cups finely shredded green cabbage (160 g)

• 1 small carrot, washed and grated (80 g)

• Scant 1/2 cup plain nonfat Greek yogurt (100 g)

• 1 tablespoon lemon juice (15 ml/about 15 g)

• 1 teaspoon prepared yellow mustard (5 g)

• 1/4 teaspoon fine salt (1.5 g), divided

• 1/8 teaspoon black pepper (0.3 g)

• 2 tablespoons drinking water (30 ml), only for covered pan finish if needed

## Set out

Box grater, Clean towel, Mixing bowl, Refrigerator, 28 cm/11-inch nonstick skillet with lid, Broad spatula, Separate raw-poultry board and clean cooked-food plate, Knife, Kitchen scale, Food thermometer

## Allergens

Wheat, Milk, Mustard; rolls and breadcrumbs may add soy, egg or sesame—check labels. Check labels and substitutions.

## Make it

**1.** Grate the 100 g prepared courgette and squeeze loose moisture out in a clean towel. Mix with turkey, breadcrumbs, half the salt and pepper just until combined. Divide into 2 patties about 10 cm/4 inches wide and 1.5–2 cm/5/8–3/4 inch thick. Cover and refrigerate for 10 minutes; wash hands and clean raw-poultry equipment.

**2.** While patties rest, stir yogurt, lemon, mustard and remaining salt in a clean bowl. Toss with cabbage and carrot and refrigerate.

**3.** Heat oil in the skillet over medium heat. Cook patties for about 6–7 minutes per side, turning carefully once. Check centers reach 165°F/74°C. If the outside is browned first, add the measured water, cover and cook gently for another 2–4 minutes or as needed to reach that temperature.

**4.** Use a clean plate and utensils for cooked patties. Put one into each split roll and serve with half the slaw, either inside or on the side.

## A useful kitchen skill

Squeeze loose moisture from a watery grated vegetable before mixing it into the meat, and use a broad spatula instead of pressing the cooking burger flat.

## A useful detail

The 60-minute total includes vegetable squeezing, a 10-minute mixture rest and temperature checking. The base uses 120 g plain whole-wheat dinner rolls; other buns have their own composition.

## Keep it well

Refrigerate cooked patties and slaw separately at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use patties within 3 days and slaw within 2 days or the shorter yogurt deadline. Reheat patties to 165°F/74°C; keep the slaw cold and rolls dry.