

# Wonder<sup>®/MD</sup>

## Lean Turkey Burger With Sweet Potato Wedges

Serves 4 / 40 mins

### Ingredients

- 4 Wonder® White Hamburger Buns
- 2 large sweet potato, cut into wedges
- 500g turkey breast mince (under 5% fat)
- 2 small red onions, diced
- 2 garlic cloves, grated
- 2 large eggs, beaten
- 3 apples, peeled and grated
- 4 tsp. dried oregano
- 2 tsp. paprika
- 30g coconut oil

### Directions

 Prep Time: **15 minutes** | Cook Time: **25 minutes** | Total Time: **40 minutes**

1. Heat oven to 180°C.
2. Zap the sweet potato wedges in the microwave for about 6 minutes on full power until they are just beginning to turn brown. Leave to rest for 30 secs.
3. While the sweet potato is in the microwave, mix the turkey mince in a bowl with the onion, garlic, egg and apples. Using your hands, work the ingredients together and add the oregano, paprika and a good pinch of salt and pepper. Shape the mixture into 4 burgers about 3cm thick. Place on a baking tray in the oven for 15-20 minutes until cooked through.
4. On high heat, add coconut oil to the pan. Add the sweet potato wedges and shallow-fry for about 3 minutes on each side until they are nicely browned all over and cooked through to the centre. Remove wedges from oil and place on a paper towel-lined plate to drain. Season with a good pinch of salt.  
**Option:** If you prefer to bake your wedges, toss them in the oil and roast them in the oven for 15-20 minutes. Be sure to season them with a pinch of salt when they are done.
5. Lightly toast each side of the Wonder® White Hamburger bun.
6. Serve burgers with condiments of your choice and a side of sweet potato wedges and enjoy!

