

Cajun Turkey Burger (2 Burgers)



400 gr turkey breast mince

Teaspoon of Cajun spices

1 grated carrot, crushed clove of garlic and chopped
spring onions (optional)

Pinch of salt and pepper,

Teaspoon of coconut oil

Combine all ingredients and divide mixture in to two and
flatten into $\frac{1}{2}$ " burgers

Heat oil in a pan and cook burgers for 3 minutes on both
sides.

May be served on a large tossed salad with guacamole or
in a wholemeal pitta with low fat garlic mayonnaise and
rocket leaves

Guacamole:

2 avocados, juice of half lemon, 200 grams of cottage
cheese pinch of salt, blend all ingredients