

Activity sheet

Cook like a pro!

Instructions:

Try this healthy Premier League recipe out at home.

Homemade Turkey Burgers

(suitable for children to get hands on)

Makes 4 burgers.

Ingredients

250g turkey mince

½ teaspoon dried thyme (or can use
another dried herb e.g. parsley or dried chilli)

½ lemon

1 small red onion

1 teaspoon olive oil

Mixed salad, to serve

4 wholemeal buns



Method

1. Finely chop the red onion
2. Tip the turkey mince into a bowl with the thyme and red onion
3. Finely grate in the zest from the lemon and add a little seasoning
4. Use your hands to mix the ingredients well, then shape into 4 burgers
5. Grill, griddle or barbecue the burgers for about 8 mins each side
6. Serve with a bun with mixed salad.