

# World Famous Tzatziki Turkey Burgers

(Serves 2)

## Ingredients

### For the Burgers

- ½ Red Onion
- 250g Turkey Mince
- ½ Red Pepper (diced)
- 1 tbsp Sweet Chilli dipping Sauce
- 1 tbsp Soy Sauce
- A few dashes of Tabasco Sauce
- Half a handful of chopped fresh coriander
- Lots of black pepper
- 2 Crusty Buns

### For the Tzatziki

- ¼ cucumber
- 150g carton 0% fat greek yoghurt
- Small handful of chopped fresh Mint
- A few dashes of Tabasco Sauce

## Method

01. Coarsely grate the onion and mix well with the Turkey mince, Sweet Chilli Dipping Sauce, soy sauce, coriander, Tabasco, Pepper and lots of freshly ground black pepper.
02. Form into 2 burgers that are slightly larger than the bases of the burger buns.
03. Preheat the grill to hot. Arrange the burgers on a foil lined grill pan and grill for 8 minutes on each side. (May have to brown at the beginning on a baking tray to firm up).
04. To make the Tzatziki. Take the cucumber and halve it lengthways, scoop out the seeds with a teaspoon and discard. Dice into small pieces and mix with the Greek yoghurt, mint and a few dashes of Tabasco sauce. And season to taste.
05. Grill the burger buns until toasted. Arrange a burger on each toasted bun base, top with a spoonful of tzatziki and serve!!