Turkey, Broccoli & Quinoa Burgers



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★☆☆

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Ingredients

150g broccoli, trimmed, cut into florets

500g turkey breast mince

100g ($\frac{1}{2}$ cup) quinoa flakes

3 long green onions, thinly sliced

5 eggs

4 wholegrain buns, split, toasted

60g (1/4 cup) hummus

4 eggs

60g mixed salad leaves

- 2 tomatoes, sliced
- 1 Lebanese cucumber, sliced
- 1 tbsp sriracha chilli sauce, plus extra, to serve

Method

- 1. Steam, boil or microwave broccoli until tender. Drain. Set aside to cool then finely chop.
- 2. Combine broccoli, mince, quinoa, green onions and one egg in a medium size bowl. Divide mixture into 4 portions. Shape each portion into a 2cm-thick burger patties (see Tip).
- 3. Heat oil in a large non-stick frying pan over medium heat. Cook patties for 3-4 minutes each side or until golden and cooked through.
- 4. Meanwhile, lightly spray a large non-stick frying pan with oil and heat over medium-high heat. Fry remaining eggs until cooked to your liking.
- 5. To assemble, spread bread roll bases with hummus. Top each with salad leaves, tomato, cucumber a burger patty and an egg. Drizzle with a little sririacha chilli sauce and enclose with bun tops. Serve.

Notes

Tip: for babies and toddlers, at end of step 2, roll one portion of mince mixture into small meatballs (about 1 tablespoon each). Cook as per step 3. Serve with grated carrot and peeled and diced cucumber and avocado, quartered cherry tomatoes, a quartered hard-boiled egg and 1 tablespoon hummus for dipping (per serve). Leftover meatballs can be frozen or kept in an airtight container in the fridge for up to 2 days.

Serving suggestion: try serving with baked sweet potato fries for an extra serve of veg. Peel and cut 600g sweet potato into 1cm thick fries. Place on a baking tray lined with baking paper and bake at 200°C for 30 minutes, turning once, or until golden.

Note about nutritional information: The below information is based on the serving size for adults, not children.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
156g	2830 kJ 676 kcal	57.25g	24.6g	5.2g	50g	7.8g	1120mg	11.1g

Vitamin D 8.5µg

All nutrition values are per serve.