

Family friendly



Turkey, sage and onion burger with sweet potato fries

Serves 1

115g sweet potato, cut into fries

1½ tsp olive oil

Salt and pepper

½ small onion, peeled and finely chopped

6 sage leaves, finely chopped

95g turkey thigh mince

2 tsp reduced-fat soured cream

2 tsp cranberry sauce

Burger bun, sliced

2 leaves baby gem lettuce

2 slices tomato

Method

Preheat the oven to 180°C. Tip the sweet potato fries into a roasting tray, drizzle over half of the oil and season with salt and pepper. Roast in the oven for 20 minutes.

Meanwhile, heat the remaining oil in a small frying pan over a medium heat, add the onion and sage and fry gently for 5 minutes until softened. Tip into a bowl and leave to cool. Add the turkey mince to the bowl, season with salt and pepper then mix everything together thoroughly. Using wet hands shape the mixture into a thick patty slightly wider than the burger bun. If you want to make the burger in advance, lay it on a plate and cover with clingfilm at this stage then refrigerate until you're ready to cook.

Put the frying pan back over a medium-high heat and fry the burger for 7–8 minutes, turning regularly, until cooked through. Transfer to a warm plate to rest. Meanwhile mix together the soured cream and cranberry sauce.

Spread half the the cranberry mixture over the bottom half of the buns and fill with the lettuce and tomato. Top with the turkey burger, the remaining cranberry mixture and the bun top then serve with the sweet potato fries.