



CARBOHYDRATE REFUEL MEAL POST WORKOUT

Lean turkey burger with smoky wedges

INGREDIENTS (1 serving)

—

FREEZABLE

- 220g (7.8oz) sweet potato, cut into wedges
- 20g (0.6oz) coconut oil
- 320g (11.3oz) ground turkey breast mince - under 5% fat
- 1 small red onion, diced
- 1 garlic clove, grated
- 1 egg, beaten
- 80g (2.8oz) apple, grated
- 2 tsp dried oregano
- 1 tsp paprika
- 150g (5.4oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

Everyone loves a burger and this one won't disappoint. An extra lean fat fighting machine of a burger topped off with some banging wedges.

METHOD

—

Preheat oven to 180°C (fan 160°C, gas mark 4).

Zap the sweet potato wedges in the microwave for 6-8 minutes on full power or until just turning soft, then leave to rest for 30 seconds.

While the sweet potato is spinning in the microwave, mix the mince in a bowl with the onion, garlic, egg and apple. Get your hands stuck in and work the ingredients together with the oregano and the paprika. Shape the mixture into burgers about 3cm thick. Place on a baking tray and cook in the oven for 6-8 minutes or until cooked through.

Heat the coconut oil in a large frying pan over a high heat. Add the sweet potato wedges and fry for about 3 minutes on each side until they are nicely browned all over, drain on paper towels.

Serve the burger with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled. Don't forget to shout out 'Hashtag BurgerMe' just before you eat it.