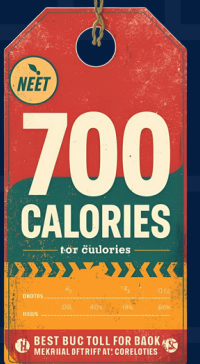


TURKEY BURGERS

EASY
TO
COOK

MACROS

PROTEIN : 80 GRAMS
CARBS : 50 GRAMS
FATS : 16 GRAMS



LOADED
WITH
GAINS

2 x Double Turkey Burger



Abhi Singh
@dialedinabhi

INGREDIENTS

GROCERIES

- 1 lb Turkey (99% lean)
- 2 boiled potatoes
- 1 egg
- 1 Lime
- 1 tbsp ginger-garlic paste
- 50g shredded cheese
- 1 medium onion
- 1 small tomato
- Breadcrumbs (for coating)

SPICES

- Black pepper
- Red cayenne pepper
- Garlic salt
- Red chili flakes
- Oregano



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INSTRUCTIONS

- In a large mixing bowl, add the ground turkey.
- Crack in the egg and squeeze in the lime juice.
- Add chopped onion, chopped tomato, mashed boiled potatoes, shredded cheese, and ginger-garlic paste.
- Season with black pepper, cayenne, garlic salt, chili flakes, and oregano (to taste).
- Mix everything together well with your hands until evenly combined.



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INSTRUCTIONS

- Shape the mixture into small burger patties.
- Lightly coat each patty in panko breadcrumbs.
- Heat a non-stick pan on medium heat, add butter, and pan-sear patties until golden brown on both sides and cooked through (about 3–4 mins per side).
- Add cheese slices on top while still on the pan (optional) and let melt.
- Serve on a whole-grain bun with your favorite toppings.



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