

Tikka Flavoured Turkey Burgers with a Mango Salsa

Created by Kath Mepham, Glamorgan Federation



Makes 4 burgers

These burgers can be made in advance and chilled in the refrigerator together with the mango salsa

Ingredients

Burgers

- 1 onion, finely chopped
- 4 tbsp. Tikka Masala curry paste
- 2 tbsp. natural yogurt
- 1 tbsp. mango chutney
- 500 g turkey mince
- 3 tbsp. fresh coriander, chopped
- Salt and freshly ground pepper
- Oil for brushing

For the salsa

- 1 large ripe mango, peeled and diced
- 100g cherry tomatoes, quartered
- ½ small red onion, peeled and finely chopped
- Zest and juice of 1 lime
- 2 tbsp. fresh coriander, chopped
- 1 cm piece of fresh ginger, peeled and grated
- Freshly ground black pepper

Method

1. In a large bowl mix together the finely chopped onion, tikka paste, yoghurt and mango chutney. Stir in the turkey mince, chopped coriander, salt and pepper and mix until well combined
2. With slightly wet hands, divide the mixture into 4 and shape into burgers. Place the burgers on a plate and brush with a little oil, cover and chill for approximately 30 minutes
3. Meanwhile make the salsa by combining all the ingredients together in a small bowl and mixing gently to coat with the lime juice. Set aside to allow the flavours to mingle and develop
4. Either place on the BBQ or under a preheated grill and cook the burgers for approximately 7-8 minutes each side until they are cooked through, the juices run clear and there is no pink meat
5. Serve the burgers with the salsa on a bun or with salad

The burgers are quite soft in texture so careful when turning them over.

Go to [The Definitive Guide to Safe Summer Food](#) for safe summer food advice