



**BODYBUILDING.COM™**

Courtesy of Kevin Alexander @fitmencook

## **Red Curry Turkey Burgers**

Prep time: 15 min. Cook time: 20 min.

Serving size: 1 patty

Makes 6 servings

### **Ingredients:**

#### **Burger**

1.5 lbs. 93% lean ground turkey

1 tbsp minced garlic

2 tbsp red curry paste

1/3 cup diced red onion

1/3 cup finely chopped cilantro

pinch of pepper

#### **Special Spicy Sauce**

6 tbsp lite mayo (or safflower mayo)

3 tbsp red chili sauce (preferred) or Sriracha

1 tsp fresh ginger

1/2 tbsp fish sauce (optional, but recommended)

#### **Condiments**

2 Roma tomatoes, sliced

1-1/2 cups finely shredded purple cabbage

1/3 cup matchstick carrots

1/2 cucumber, thinly sliced

fresh cilantro to taste

6 Ezekiel 4:9 Whole Grain Pockets (or substitute whole-wheat burger buns)

6 tbsp 2% Greek yogurt

### **Directions**

1. Preheat the oven to 400 degrees F.

2. Mix sauce ingredients together in a small bowl and place in fridge until ready to serve burgers.
3. Mix shredded cabbage and carrots together in a microwavable safe bowl along with a few tablespoons of water.
4. Cover the bowl and heat in the microwave for 1-2 minutes to soften the veggies. Allow them to cool to room temperature.
5. Place ground turkey in a large bowl. Add garlic, red curry paste, red onion, and cilantro. Mix well to combine. Add a pinch of pepper, if desired.
6. Divide turkey mixture into six equal portions and shape into patties using your hands.
7. Set a nonstick, oven-safe skillet on medium heat and spray with a little olive oil or cooking spray. Once the pan is hot, add the patties and sear on both sides for 3-5 minutes, then place entire skillet in the oven and bake at 400 degrees F for 6-8 minutes until cooked through. If you do not have an oven-safe skillet, place patties on a baking tray instead.
8. Warm the wheat pockets or buns in microwave or oven.
9. To build the burger: Add 1 tablespoon of Greek yogurt to the bottom of pocket. Layer sliced cucumber and tomato, then add the patty and top with a heaping tablespoon of the special sauce. Finish with the wilted cabbage and carrot mixture and a sprinkle of fresh cilantro to taste.