

GRILLED TERIYAKI TURKEY & PINEAPPLE BURGERS



PREP TIME

15 Minutes



GRILL TIME

20 Min total



SERVES

4-6



Ingredients

- 1 egg
- 1 cup fresh breadcrumbs*
- 1/4 cup finely minced green onions
- 2 tbsp hoisin sauce + more for brushing
- 2 tbsp minced fresh cilantro
- 2 tsp grated fresh gingerroot
- 1 tsp minced garlic
- 1 tsp sesame oil
- 1/2 tsp salt
- 1/4 tsp freshly grated black pepper
- 1 1/2 lb lean ground turkey, chicken or pork (I like a combination of 1 lb ground turkey and 1/2 lb lean ground pork)

Garnishes:

4-6 slices fresh pineapple or canned
1 red onion, sliced into thick rings
Lettuce leaves
Grainy, seedy buns

Steps to Make

1. In a bowl, combine egg, breadcrumbs, green onions, hoisin sauce, cilantro, gingerroot, garlic, sesame oil, salt and pepper; mix well to combine then add turkey.
2. Mix gently using your hands, being careful not to over mix the mixture (over mixing will lead to tough burgers). Form the burgers into 4 to 6 patties, about 1/2-inch thick. Place patties on a parchment-lined pan and refrigerate while you grill the pineapple and red onions. (You can prepare the burgers patties up to 24 hours in advance).
3. Heat your grill to medium-high or lightly oil a grill pan and place over medium-high heat. Grill pineapple and onion rings until onions have softened and both sides have nice grill marks, about 5 to 7 minutes. Remove and keep warm.
4. Re-oil the grill or grill pan and add burgers. Cook over medium-high heat for about 6 to 8 minutes per side or until a thermometer registers 165 F, when inserted into the centre of the burger. Brush a little more hoisin sauce over the outside of the burger if you wish.
5. To assemble, place lettuce leaves over the bottom bun, then top with burger, grilled pineapple and red onion rings. Serve with any other condiments that suit your taste buds.

Relish Tip: It's important that your breadcrumbs are freshly made rather than the standard store-bought dried ones and it only takes about 30 seconds. Just place one or two slices of healthy, grainy bread in your food processor or blender and pulse on and off until fluffy crumbs are formed.