

Indian-ish Turkey Burger

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/yellow-mustard-recipe-indian>

Ingredients:

- 1 pound ground turkey ~ Ideally dark meat, or ground chicken or pork
- 1/2 cup onion ~ Finely minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon Garam Masala ~ Or your favorite curry blend
- 1 teaspoon red chili Kashmiri ground
- 1/2 teaspoon cayenne
- 1 tablespoon ginger garlic paste ~ Or 1 1/2 teaspoon garlic and ginger each
- 2 teaspoons Worcestershire sauce ~ Optional
- 1/2 cup chopped cilantro
- 1/4 cup fresh mint leaves ~ Chopped, more to taste
- 1 large egg ~ Optional, see Notes below
- 1 teaspoon sea salt or table salt
- 1 1/2 teaspoons kosher salt
- 2 tablespoons ghee or oil ~ Divided for burger & optional buns
- 4 burger buns ~ Optional
- 3 cups red cabbage or green, ~ Thinly sliced
- 1 tablespoon lime juice
- 1 tablespoon olive oil
- 2 scallions green part ~ Thinly sliced
- 1 tablespoon red onion
- salt
- pepper
- 2 tablespoons mayonnaise
- 1 tablespoon ketchup
- 1 tablespoon yellow mustard
- 2 tablespoons dill pickle ~ Chopped
- 2 teaspoons dill pickle liquid
- salt
- pepper

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 145 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 27 grams
7. SaturatedFat: 4 grams
8. Sodium: 2410 milligrams
9. Sugar: 8 grams

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