

# THAI TURKEY BURGERS

I love the flavors of chicken satay but don't always have the time or foresight to remember to marinate the chicken. We use turkey instead of chicken and add a touch of peanut butter, so the burger stays juicy and moist. This burger brings ALL OF those delicious flavors together, and it's easy to make and grill off.

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## INGREDIENTS

1 lb ground turkey meat (at least 94% fat)  
2 cloves garlic, minced  
1/2-inch knob ginger, minced  
2 tablespoons cilantro  
2 green onions (green part only)  
2 tablespoons peanut butter (heaping)  
1 teaspoon chili garlic sauce  
1 tablespoon tamari  
sliced cucumbers  
grated carrots  
shredded cabbage

Spicy Mayonnaise  
1/4 cup mayonnaise  
2 teaspoons Sriracha  
pinch of salt

6 Gluten-free buns or 6 pieces of Iceberg lettuce

## MAKES SIX BURGERS

- 1 Place turkey, garlic, ginger, cilantro, green onions, peanut butter, chili garlic sauce, and tamari in a bowl and mix well.
- 2 Using a 1/3 cup measuring cup, scoop out the mixture and shape into a patty and place onto a parchment-lined baking sheet.
- 3 Heat a grill to medium-high. Drizzle a little oil on the pan and place the patty down. Cook 4 minutes per side\* or until the center is no longer pink.
- 4 To make spicy mayonnaise, place mayonnaise, Sriracha and a pinch of salt into a bowl and whisk.
- 5 To plate place a burger on a bun or piece of lettuce, spread some mayonnaise, and top with additional vegetables.

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## NOTES

- \*I like to cover the pan after cooking for 2 minutes to make sure that the inside cooks through.