

The Ultimate Healthy Burger



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1 Pack of Turkey Mince
1 Garlic Clove
1 Pack of Turkey Bacon Rashers
Beef Tomatoes
Kraft Dairylea Light Cheese Slice
Gherkins, Cress & Spring Onion Optional to serve
Wholemeal Roll

Method

- 1 Preheat the George Forman grill. Place the Turkey Mince in a bowl with the crushed garlic & mix together using your hands.
- 2 Divide the mixture up into round burger shapes and place on George Forman Grill for 7-8 minutes or until the burgers are fully cooked. Place the turkey rashers under the grill for 2-3 minutes each side
- 3 To serve, place one half of the wholemeal roll on the plate add the lettuce and slices of Beef tomatoes a rasher of turkey bacon and top with the cheese slice and place the other half of the roll on top .Serve with gherkins, spring onion and cress (optional)