Instructions:
Try this healthy Premier League recipe out at home.

Homemade Turkey Burgers
(suitable for children to get hands on)
Makes 4 burgers.

Ingredients
250g turkey mince
½ teaspoon dried thyme (or can use another dried herb e.g. parsley or dried chilli)
½ lemon
1 small red onion
1 teaspoon olive oil
Mixed salad, to serve
4 wholemeal buns

Method
1. Finely chop the red onion
2. Tip the turkey mince into a bowl with the thyme and red onion
3. Finely grate in the zest from the lemon and add a little seasoning
4. Use your hands to mix the ingredients well, then shape into 4 burgers
5. Grill, griddle or barbecue the burgers for about 8 mins each side
6. Serve with a bun with mixed salad.