

## Leftover Turkey and lentil burgers with aioli sauce

Serves 4

200g leftover turkey meat, shredded

1 tablespoon of vegetable oil

2 cloves of garlic

150g lentils

2 onions

1 carrot

100g mushrooms

2 egg whites

2 tablespoons of breadcrumbs

1 tablespoon of mixed herbs

2 tablespoons of balsamic vinegar

1 tablespoon of lemon juice

1 tablespoon of paprika

1 teaspoon of Salt & pepper



### Aioli sauce

3 tablespoons of light mayonnaise

1 garlic clove

1 teaspoon of lemon juice

### Method

1. Place the shredded turkey in a bowl with the balsamic vinegar, the lemon juice and paprika. Cover and chill until needed.
2. Bring a pot of water to the boil. Add in the lentils and a pinch of salt. Boil for 1 minute then reduce the heat and simmer for another 15 minutes.
3. Chop the onion and garlic and mushrooms finely. Grate the carrot using the side of the grater which gives the smallest grate without the carrot going to mush.
4. Add a tablespoon of oil to a pan on a medium heat and cook the onions until they start to turn brown (but not burnt!)
5. Add in 2 chopped garlic cloves and the grated carrot and cook for 3 more minutes.
6. Then add in the chopped mushrooms, mixed herbs, lemon juice and salt and pepper and cook for a further 2 minutes
7. Place all this into a mixing bowl and leave to cool for 5 minutes. Then add in the cooked and drained lentils, breadcrumbs, egg whites and the marinated chicken.

8. Mix well together and form into patties around ½ inch thick.
9. Place a tablespoon of oil into a pan and when the oil is hot place the patties in and cook on either side for 5 minutes. Don't place too many in at once as they are fragile and you will need enough room to flip them over. Serve with side salad and the aioli sauce.
10. **For the aioli sauce** combine the mayonnaise, lemon juice and minced garlic. Mix well.