

# QUARANTainment

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## COOKING WITH EMMA MISKEW

### RECIPE: MANGO MINT TURKEY BURGERS

#### BURGER INGREDIENTS:

- 1.25 lb package of ground turkey
- 1 large ripe mango, chopped into small pieces
- ~2 tbsp mint, diced small
- 1/2 small onion, diced
- 1 tbsp steak seasoning
- Salt and pepper, to taste
- 1 egg
- 1-2 tbsp flour or oats (helps the burgers to bind)

#### OTHER INGREDIENTS/TOPPINGS:

- BBQ sauce
- Hamburger buns
- Toppings of your choice (such as tomatoes, avocado, pineapple, grilled peppers, etc.)

*Tip: serve these burgers with a little side salad for some extra greens!*

#### INSTRUCTIONS:

- 1) Mix all burger ingredients together in a bowl.
- 2) Form the mixture into patties by hand.
- 3) Allow the patties to sit for 10-15 minutes to properly bind.
- 4) BBQ the burgers (if BBQing isn't an option, frying them on the stovetop works great too).
- 5) Add the BBQ sauce on the burgers as they're grilling. Flip and add more sauce.
- 6) Put your burgers on buns, add your toppings of choice and enjoy!