



HARISSA TURKEY BURGERS WITH SWEETCORN SALSA

 **Prep: 15 minutes plus chilling**

 **Cook: 20 minutes**

 **Serves: 4**

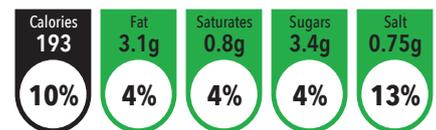
INGREDIENTS:

- 500g turkey mince
- 3 tsp harissa paste
- 8 spring onions
- $\frac{3}{4}$ tsp **LoSalt**
- 2 corn on the cob
- 1 tbsp olive oil plus extra for brushing
- 100g cherry tomatoes, quartered
- $\frac{1}{2}$ small red onion, finely chopped
- Juice 1 lime
- 2 tbsp chopped coriander

METHOD:

1. Mix together the mince, harissa, 4 finely chopped spring onions, $\frac{1}{2}$ tsp **LoSalt** and some black pepper, mould into 4 burgers and chill for 30-60 minutes.
2. Meanwhile, brush the corn with a little oil and griddle or fry for 10 minutes, turning occasionally until slightly charred. Run a knife down the cob to remove the kernels and mix with the tomatoes, red onion, remaining sliced spring onions, lime juice, coriander and remaining **LoSalt**.
3. Heat the 1 tbsp oil in a frying or griddle pan and fry the burgers for 5-6 minutes on each side until golden and cooked throughout, serve with the sweetcorn salsa.

Each serving contains



of your guideline daily amount

COOKS TIP:

Great served in burgers or toasted pittas with harissa mayonnaise or as a supper dish with potato wedges.