**Turkey, Feta & Leek Burgers With Herby Yogurt Dressing**

Turkey mince is an excellent source of lean protein. These flavoursome burgers combine shredded leeks with salty feta and capers to create a delicious moist burger. Bake in the oven for a healthy option. Drizzled with a herby yogurt dressing these are a a delicious family friendly meal and perfect for sharing with friends. Serve the burgers in a gluten free bun for a gluten free option.

Makes 4 burgers

Preparation time: 20 minutes

Cooking time: 20 minutes

1 leek, roughly chopped

400g turkey mince

100g feta cheese, cut into chunks

1tbsp chopped fresh parsley

1tbsp capers, drained

½ lemon, zest only

1 egg yolk

Salt and freshly ground black pepper

**Dressing**

150g natural yoghurt

Sea salt and freshly ground black pepper

1/2 tsp Dijon mustard

Handful of parsley leaves, finely chopped

Handful of mint leaves, finely chopped

Handful of dill leaves, finely chopped

Juice of 1/2 lemon

**To serve**

Burger buns or gluten free rolls

Grated raw beetroot or coleslaw

Sliced tomato

Lettuce leaves

1. To make the dressing simply mix all the ingredients together. Season to taste. Chill until required.
2. For the burgers, place the leeks in a food processor and process until finely chopped. All the remaining burger ingredients, and process briefly until well combined. Using damp hands, shape the mixture into 4 large burgers. Place on a greased baking tray and chill for 30 minutes.
3. When you are ready to cook preheat the oven to 190C, gas mark 5. Place the burgers on a tray and bake for 15-20 minutes until golden and cooked through.
4. To serve cut the burger buns in half, place some lettuce on the bun followed by the burger. then add some grated beetroot and tomato. Finally, drizzle over a little of the dressing and top with the burger bun. Accompany with salad and coleslaw.

Nutritional Analysis per burger with bun, accompaniments and dressing

Calories 303kcal, Fat 10g, saturates 3.9g, Carbohydrates 24.6g, sugars 4.2g, Fibre 4.7g, Protein 26.4g, salt 1.4g