

SMART SWAPS



A long-term healthy eating plan isn't about a single meal but the combination of hundreds of small choices we make throughout our day and week. This series of recipes aims to arm you with some smart swap ideas to make everyday favourites a little lighter - but still super tasty.

SMART SWAPS

BURGER
AND CHIPS



Turkey burger & sweet potato wedges

Instead of a high fat hamburger and chips try this healthy turkey burger recipe from Joe Wicks which makes an easy, tasty meal for two. Serve with vibrant green veg and sweet potato wedges for a really satisfying dinner

Ingredients

- 1 sweet potato (c.190g), cut in wedges
- 260g turkey breast mince (under 5% fat)
- 1 small red onion, diced
- 1 garlic clove, grated
- 1 large egg, beaten
- 1 apple (about 70g), peeled and grated
- 2 tsp dried oregano
- 1 tsp paprika
- 15g coconut oil
- 135g green vegetables (spinach, kale, broccoli, mangetout or green beans)

Directions

1. Heat oven to 180C/160C fan/gas 4.
2. Zap the sweet potato wedges in the microwave for about 6 mins on full power until just turning soft.
3. Leave to rest for 30 secs.
4. While the sweet potato is spinning in the microwave, mix the mince in a bowl with the onion, garlic, egg and apple. Work the ingredients together with a good pinch of salt and pepper, the oregano and paprika.
5. Shape the mixture into two burgers about 3cm thick.
6. Place on a baking tray in the oven for 15-20 mins until cooked through.
7. Heat the coconut oil in a large frying pan over a high heat. Add the sweet potato wedges and shallow-fry for about 3 mins each side until they are nicely browned all over and cooked through to the centre. (Alternatively, toss in the oil and roast in the oven for 15-20 mins.)
8. Drain on kitchen paper, season with a good pinch of salt.
9. Serve the burgers with the sweet potato wedges and a portion of green veg either steamed, blanched or boiled.

MAKES: 2 PORTIONS
PREP TIME: 15 MINS
COOKING TIME: 25 MINS

428 CALORIES
PER PORTION