

Air Fried Turkey Burgers and Chips



Ingredients:

500g minced turkey

1 onion, very finely chopped

2 garlic cloves, crushed

1 tbsp dried mixed herbs

Salt and pepper

Oil for greasing

For the Chips:

2 potatoes, scrubbed and thinly sliced into chips with the skin left on

1 tbsp olive oil

Seasoning of your choice; curry powder, chilli, dried herbs, paprika

Salt

To serve:

4 burger buns

Sliced onion, lettuce leaves, sliced tomatoes, sliced avocado, gherkins

Sliced cheddar cheese

Mayonnaise, mustard, relish and ketchup

Method:



1. To make the burgers; place the minced turkey in a bowl and add the remaining burger ingredients. Mix well and divide into four equal portions. Flatten and shape into burger patties. Set aside on a baking tray.
2. Drizzle the burgers with a little oil. Lay in the cooking basket next to each other so they are not overcrowding. You may have to cook the burgers in batches. Cook for 6 minutes.
3. Bring out the cooking basket and use tongs to turn each burger. Continue to cook for a further 6 minutes, or until the burgers are browned and the meat is cooked through. You could use a meat thermometer to test when the burgers are cooked. The thermometer should read 75°C in the centre of the burger.
4. Lay the cooked burgers on a baking tray and cover with foil to rest and to keep warm.
5. To make the chips; place them in a mixing bowl with the oil and seasoning of your choice. Sprinkle with salt. Lay them in a single layer in the air fryer cooking basket and cook for 10-15 minutes, shaking the basket half way through. Turn the cooked chips onto a baking sheet and repeat the process with the remaining chips until they have all been cooked. Tent cooked chips with foil to keep warm.
6. Serve the burgers in the buns. These can be warmed in the air fryer for 15-20 seconds, if liked. Build the burgers with sliced onions, lettuce, tomato, and avocado with the sauces, as you like.
7. Serve the burgers with the chips on the side.

Tips:

Use minced beef, plant mince or whiz up lentils or chickpeas for an alternative delicious burger.

When shaping the burgers, use slightly damp hands to prevent sticking and help achieve a better burger shape.

Don't make the chips too thick otherwise they will take longer to cook.

Cook the chips at the same time as the burgers if your air fryer is suitable.

For extra crispy chips; when the potatoes are cut into chips, place them in a bowl and microwave on Full Power for 4-5 minutes, to soften slightly. Continue with the recipe.

Allow the air fryer basket to cool before cleaning.