



Low FODMAP Chilli & Mint Turkey Patties

Serves: 4

Prep: 10 minutes

Cook: 10 minutes



A collaboration between Monash FODMAP, [Brumby's Bakery](#) and [FODMAP Health](#).

Ingredients	Metric	Imperial
Turkey mince	500 g	17.6 oz
1 red chilli, finely diced	28 g	0.1 oz
1 bunch fresh coriander, chopped	16 g	0.6 oz
1 bunch fresh mint, chopped	16 g	0.6 oz
1 large egg	58 g	2 oz
4 Brumby's Bakery Quinoa and Linseed Low FODMAP rolls		
2 cups baby spinach	150 g	5.3 oz
Low FODMAP condiments of your choice; e.g. Mayonnaise or Dijon Mustard		

Method

1. Using clean hands thoroughly combine turkey, herbs, chilli and egg in a large mixing bowl.
2. Heat a large grill frying pan over medium-high heat. Roll mixture into 4 balls and place in the grill frying pan.
3. Push each ball down with a wide spatula and fry for 5 minutes. Flip patties and continue to fry until cooked through to the centre. Remove from heat.
4. Serve the patties on the rolls with spinach and condiment of your choosing.

Hints

These could easily be made with any left over Christmas Turkey, just put all the ingredients in a food processor instead of using your hands, and add an extra egg or olive oil if the mixture is too dry to bring it together.

Nutrition Information (per serve)	
Energy	2007 Kj / 480 cal
Protein	34.30g
Carbohydrates	35.00g
Sugar	1.80g
Total Fat	20.90g
Saturated Fat	5.00g
Fibre	6.70g