

Lean Turkey Rissoles

2 servings. Ready in 30 min.

Ingredients

Turkey Mince (Raw), 1 portion(s) (300 g)

Herbs, mixed, dried, 2 teaspoon (8 g)

Raw Egg, 1 large (50 g)

Rice 'Bread Crumbs', 0.5 cup (25 g)

Turmeric, 1 tsp (2 g)

Salt, sea, 1 teaspoon (5 g)

Black Pepper, 1 tsp, ground (2 g)

Zucchini (finely grated), 1 small (118 g)

Instructions/Preparation

Put all ingredients into a large bowl and combine well using fingers. Roll mixture into palm sized balls (makes approx 4 large or 6 medium rissoles). Flatten slightly ready to pan fry. Each serving is 2 rissoles (approx 150g).

Notes -

1. This is a gluten free recipe, but regular bread crumbs can be used if gluten is tolerated.
2. It's ok to add different herbs, spices and flavourings to this recipe as desired (try having paprika, chilli, garlic or ginger for a bit of zing).



Food	Energy/srv	Protein/srv	Fat/srv	Carbs/srv
Turkey Mince (Raw), 1 portion(s) (300 g)	270 kcal	25.4 g	18.8 g	0 g
Herbs, mixed, dried, 2 teaspoon (8 g)	11.6 kcal	0.5 g	0.4 g	0.9 g
Raw Egg, 1 large (50 g)	35.8 kcal	3.2 g	2.4 g	0.2 g
Rice 'Bread Crumbs', 0.5 cup (25 g)	40 kcal	1 g	0 g	9 g
Turmeric, 1 tsp (2 g)	3.1 kcal	0.1 g	0.1 g	0.7 g
Salt, sea, 1 teaspoon (5 g)	0 kcal	0 g	0 g	0 g
Black Pepper, 1 tsp, ground (2 g)	2.9 kcal	0.1 g	0.1 g	0.8 g
Zucchini (finely grated), 1 small (118 g)	10.1 kcal	0.7 g	0.2 g	1.9 g
TOTAL	373.35 kcal	30.87 g	21.81 g	13.3 g

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.