

Turkey quinoa patties



Makes 6

Ingredients

500g turkey mince
1 ½ cups cooked quinoa
½ red onion, finely diced
2 carrots, grated
1 zucchini, grated
1 egg
1 tbsp chives paste
½ cup parsley, finely chopped
Salt & pepper

Method

1. Using your hands mix all ingredients apart from the rice crumbs together until well combined. Add sea salt and pepper to season.
2. Roll the mix into patties and coat with the rice crumbs as you go.
3. Lay out on a lined baking dish and bake in an oven at 180° Celsius until cooked through (15-20 minutes), turning half way. Serve with a leafy green salad.

“ The turkey and quinoa patty is a healthy mix of grains and meat which helps you to manage protein sizes. In this patty there is one serve of lean meat, one serve of whole grain cereal and half a serve of vegetables, according to the Australian Dietary Guidelines. The patty is moderate in salt as it has less than 500mg of sodium per 100g. Served with a cup of leafy salad or steamed broccoli and beans would provide a balanced and nutritious lunch.

Mary du Heaume
Dietitian APD
HBF Member Health Coach

”

Nutrition information

: 6 | Serving size: 125 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	747 kJ	598 kJ
Protein	21.9 g	17.5 g
Fat, total	4.5 g	3.6 g
- saturated	1.1 g	0.9 g
Carbohydrate	10.9 g	8.7 g
- sugars	2.2 g	1.7 g
Sodium	230 mg	184 mg

Recipes provided by Leap Café Perth. Leap Café specialises in healthy, fresh, and nutritionally balanced food.

For more healthy recipes please visit hbffitness.com.au

hbf