

Yotam Ottolenghi's Turkey Burgers

From [Jerusalem](#), instructions retold in my own words

Ingredients for the burgers

- 1 lb. ground turkey (I prefer 93% lean over leaner choices)
- 1 large zucchini, grated
- 3 scallions, chopped
- 1 egg
- 2 Tbsp. chopped mint
- 2 Tbsp. chopped cilantro (you can omit this if you hate cilantro)
- 2 cloves garlic, chopped
- 1 tsp. ground cumin
- 1 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. cayenne pepper (this gives them a kick, so leave it out if you don't want that)
- a few Tbsp. oil for cooking (I used olive oil)

Ingredients for the sour cream sauce

- scant 1/2 c. sour cream (light sour cream is fine)
- scant 2/3 c. Greek yogurt (I use 2%)
- 1 tsp. grated lemon zest
- 1 Tbsp. lemon juice
- 1 small clove garlic, finely chopped
- 1 1/2 Tbsp. olive oil
- 1 Tbsp. sumac (I omitted since I didn't have any and it was still great. But sumac is *awesome*)

1/2 tsp. salt

1/4 tsp. pepper

Directions

Make the sour cream sauce by putting all the ingredients in a small bowl and stirring. Refrigerate until you're ready to eat.

Preheat the oven to 425 degrees and line a baking sheet with parchment paper (if you have it.)

In a large bowl, combine all the burger ingredients except for the oil. Mix together with your hands until just evenly combined. Shape into very small burgers (I made 13 burgers, but the recipe says you can make them even smaller and get 18) and put the raw burgers on a plate or tray.

In a large frying pan over medium heat, pour enough oil to easily coat the bottom of the pan. When the oil is hot, transfer as many burgers as will comfortably fit, leaving a little space between burgers so that you can flip them easily. Sear the burgers so that they are golden brown on one side, then flip them and sear the other side. Transfer them to the prepared baking sheet. Add some more oil to the pan and sear any remaining burgers and add them to the baking sheet.

Bake the burgers in the oven for 5-10 minutes, or until they're just cooked through. Serve with the sauce and a half head of Boston lettuce if desired.