



HERBY TURKEY SLIDERS

Ingredients

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| 1/4 cup minced red onion | 1/2 teaspoon sea salt |
| 1/4 cup finely chopped fresh basil | 1/4 teaspoon red pepper flakes |
| 1/4 cup finely chopped fresh parsley | 1/8 teaspoon freshly ground black pepper |
| 1 tablespoon tomato paste | 1 pound ground dark-meat turkey meat or ground turkey breast |
| 1 tablespoon minced garlic | Lettuce leaves, for serving |
| 1 1/2 teaspoons fennel seeds | Sliced tomato, for serving |
| 1 1/2 teaspoons dried oregano | Sliced avocado, for serving |
| 1 teaspoon grated lemon zest | |

Directions

Put the onion, basil, parsley, tomato paste, garlic, fennel seeds, oregano, lemon zest, salt, red pepper flakes, and pepper in a large bowl and stir to combine. Add the turkey and gently mix with your hands or a spatula until well combined (see note). Shape the mixture into eight 2-ounce patties (about the size of your palm).

Heat a grill pan to medium heat. Brush with olive oil, then put the patties on the grill and cook until browned on both sides, about 3 minutes on each side.

Cover and cook for 3 more minutes, or until an instant read thermometer registers 165°F. Alternatively, heat a skillet over medium heat. Add just enough oil to coat the skillet, then put the patties in the skillet and cooked until browned on both sides, about 3 minutes on each. Decrease the heat to medium low, add 1 tablespoon of water, cover, and cook for about 3 minutes. Steam the inside about 3 more minutes.

Serve with lettuce, tomato, and avocado.

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