

SPICY GINGER SOY PATTIES



INGREDIENTS:

- 1 lb 97/3 ground turkey
- 1 tbsp gochujang sauce (spicy)
- 1 tsp grated ginger
- 2 tsp low sodium soy sauce
- 1 tsp sesame oil
- 4 oz button mushrooms
- 1 onion
- 1.25 tbsp sweet soy sauce (1 tsp per serving)
- Sesame seeds

DIRECTIONS:

SPICY

1. Peel and grate ginger, set aside
2. Slice onion and mushrooms, set aside
3. In a large bowl mix turkey, gochujang sauce, grated ginger, soy sauce, and sesame oil
4. Heat a pan on medium-high heat, spray with cooking oil
5. Make 8 ~2 oz meatballs
6. Place meatballs on the pan and press down to make a patty
7. Cook ~3-4 minutes on each side or until fully cooked (over 165 F)
8. Set cooked patties aside
9. Spray pan with cooking oil again and cook onions until caramelized, add mushrooms and cook until softened
10. Serve patties, top with onion and mushrooms, and drizzle 1 tsp of sweet soy sauce on each serving. Top with a pinch of sesame seeds

Enjoy!

Makes 4 Servings | Serving Size = 2 patties
Calories: 216 | Protein: 21 g | Carb: 8 g | Fat: 11 g | Fiber: 0 g