

# Lemongrass Turkey Burgers

*with Creamy Asian Slaw & Sesame-Broccoli Salad*

Lemongrass is an incredible variety of tallgrass native to tropical Asia. In the wild, it looks much like other tallgrass plants. But when its rough, pale-green stalks are peeled down to their soft, white cores, they unleash a potent, herbaceous, lemony flavor. In this dish, you'll build that flavor into turkey burgers, cooking lemongrass together with other traditional Asian aromatics, like ginger and scallions. The result is a simply delicious take on an American standard.



## Ingredients

- 1¼ Pounds Ground Turkey
- 4 Sesame Seed Buns
- 3 Scallions
- 3 Cloves Garlic
- 1¼ Pounds Broccoli
- 1¼ Pounds Red Cabbage
- 1 Stalk Lemongrass
- 1 Bunch Cilantro

## Knick Knacks

- 2 Tablespoons Sesame Oil
- 2 Tablespoons Soy Sauce
- 1 2-Inch Piece Ginger
- 1 Tablespoon Black Sesame Seeds
- 1 Tablespoon Rice Vinegar
- ½ Cup Light Mayonnaise
- ⅓ Cup Bread crumbs

**Makes 4 Servings**

**About 700 Calories Per Serving**

**Cooking Time: 25 to 35 minutes**



1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of water to boiling on high. Peel and mince the garlic and ginger. Trim off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Cut off and discard both ends of the lemongrass; peel away and discard the fibrous, outer layers until you reach the white, pliable core. Mince the core. Cut the broccoli into florets. Finely chop the cilantro leaves and stems. Thinly slice the cabbage; lightly season with salt.

2



## Cook the aromatics:

In a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the **garlic, ginger, white bottoms of the scallions** and **lemongrass**; season with salt and pepper. Cook, stirring occasionally, 1 to 3 minutes, or until softened and fragrant. Transfer to a plate and spread into a single, even layer. Set aside to cool for about 5 minutes. Wipe out the pan.

3



## Cook & dress the broccoli:

While the aromatics cool, add the **broccoli** to the pot of boiling water. Cook 4 to 6 minutes, or until bright green and tender. Drain thoroughly and transfer to a medium bowl. Toss with the **rice vinegar, sesame seeds** and **half the sesame oil**; season with salt and pepper to taste. Set aside.

4



## Make the slaw:

While the broccoli cooks, in a medium bowl, combine the **seasoned cabbage, mayonnaise, half the green tops of the scallions, half the cilantro, half the soy sauce** and the **remaining sesame oil**. Toss to coat; season with salt and pepper to taste. Set aside.

5



## Make the burgers:

In a medium bowl, combine the **ground turkey, breadcrumbs, cooled aromatics** and the **remaining soy sauce, green tops of the scallions and cilantro**; season with pepper. Using your hands, form the mixture into four ¾-inch-thick patties. In the same pan used to cook the aromatics, heat 2 teaspoons of oil on medium-high until hot. Add the patties; cook 3 to 4 minutes per side, or until cooked through. Transfer to a plate. Wipe out the pan.

6



## Finish & serve your dish:

In the same pan used to cook the burgers, heat 2 teaspoons of oil on medium until hot. Working in batches, add the **buns**, cut sides down. Toast 20 to 30 seconds, or until lightly browned. Transfer to a clean, dry work surface. Divide the **burgers** and some of the **slaw** (you will have extra slaw) between the toasted buns. Transfer to a serving dish. Serve with the **dressed broccoli** and **remaining slaw** on the side. Enjoy!