

## TIKKA MASALA TURKEY BURGERS

ACTIVE: 35 min | TOTAL: 35 min | SERVES: 4

- 1 pound Yukon Gold potatoes, diced
- Kosher salt
- ½ cup frozen peas
- ½ small red onion, very thinly sliced
- 3 tablespoons white wine vinegar
- 1 pound ground turkey
- ½ cup tikka masala sauce
- ⅓ cup plus 2 tablespoons chopped fresh cilantro
- ¾ teaspoon ground cumin
- 3 tablespoons unsalted butter
- 4 sesame hamburger buns, toasted
- ⅓ cup mayonnaise

**1.** Preheat the broiler. Line a baking sheet with foil. Put the potatoes in a medium saucepan and cover with cold water by 1 inch; season with salt. Bring to a boil, then reduce the heat and simmer until the potatoes are tender, 10 to 12 minutes, adding the peas in the last 1 minute of cooking. Drain the potatoes and peas; reserve the saucepan.

**2.** Meanwhile, toss the red onion, vinegar, 2 tablespoons water and a big pinch of salt in a bowl; set aside. Mix the turkey with ¼ cup tikka masala sauce, ½ teaspoon salt, 2 tablespoons cilantro and ¼ teaspoon cumin. Shape into four ¼-inch-thick patties. Put on the prepared baking sheet; spread with the remaining ¼ cup tikka masala sauce. Broil until cooked through, 6 to 8 minutes.

**3.** Melt the butter in the reserved saucepan over medium-high heat. Stir in the remaining ½ teaspoon cumin, then add the potatoes and peas. Cook, stirring, until hot, 2 to 3 minutes. Stir in the remaining ⅓ cup cilantro; season with salt.

**4.** Drain the red onion. Serve the burgers on the buns with the mayonnaise and red onion. Serve with the potatoes and peas.

**Per serving:** **Calories** 640; **Fat** 34 g (**Saturated** 11 g); **Cholesterol** 106 mg; **Sodium** 960 mg; **Carbohydrate** 54 g; **Fiber** 5 g; **Sugars** 6 g; **Protein** 26 g

