

# TURKEY GARLIC SAUSAGE

**Time: 20 minutes**

**Serves: 4**

## **Ingredients:**

500g ground turkey breast  
7g red wine vinegar  
5g salt  
1g fresh ground black pepper  
2 cloves garlic - finely chopped or grated

## **Preparation:**

Place all ingredients in an appropriate bowl, using your fingers to mix until evenly distributed.

Form into four equal patties.

Cook using a heat source of your choice until the internal temperature reaches 74C.

Serve immediately.

## **Nutritional Information Per Serving:**

Calories: 188	<b>Hand-Size Portion Guide</b>
Fat: 10g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 23g	Thumbs of fat: 0