



FIT FAST  
COOK  
HOMEMADE IS HEALTHY

## Sriracha Sliders



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>				<b>451 kcal</b>

### Stuff that's in it:

- 2 Tsp Oil
- 500G Turkey Mince ((2% Fat))
- 170G Green And Red Peppers (Diced As Small As You Can)
  - 2 Tsp Garlic Powder
  - 4G Ginger (Diced)
  - 5G Fresh Red Chilli (Sliced)
- 50Ml Reduced Salt Soy Sauce
  - 64Ml Clear Honey
- 500G Microwave Brown Basmati And Wild Rice
  - 2 Spring Onions (White Sliced)
    - 2G Sesame Seeds
    - 30G Sriracha Sauce
  - 300G Broccoli Florets
  - 2 Tbsp Rice Vinegar

### What you do:

Take a large bowl, add the mince, sriracha, peppers , garlic powder and season

Mix well with your hands and roll into a giant ball. Split the ball into 6 patties, then split again so you have 12 patties, shape then into burgers. Heat some oil in a pan and fry the sliders for about 7 minutes, turning a few times until cooked all the way through.

Steam your broccoli.

To make the glaze, add the honey, chill, ginger, rice vinegar and soy sauce and whisk. Add the glaze to the sliders and bring to the boil then reduce the liquid slightly! Heat the rice

Serve the sliders with the rice and broccoli and drizzle the glaze over the top.

### **Nutrition**

- Carbs: 50g
- Fat: 7g
- Protein: 41g

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