

Meatzas



Serves	Prep Time	Cooking	Total Time	Calories
4 people				264 kcal

Stuff that's in it:

- 500G Turkey Mince
- 2 Spring Onions
- Salt And Pepper
- 80G Eat Lean Cheese
- 45G Tomato Purée
- 50G Baby Tomatoes (Sliced)
- Handful Spinach
- 1 Red Onion (Sliced)
- 35G Mushroom (Sliced)

What you do:

Pre heat your oven to 180°c fan.

Put the turkey mince In a large bowl with the spring onions and salt and pepper.

Mix well, then shape into 4 oblong shape burgers.

Chill for 15 minutes if possible.

Brush the top of the burgers with the tomato purée until covered all over, sprinkle on the mozzarella (or cheese of choice) add the tomatoes, spinach and onion, then pop on a greased baking tray for 30 minutes or until the burgers are cooked all the way through and the cheese is melted.

Nutrition

- Carbs: 4g
- Fat: 13g
- Protein: 31g

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