

## EGYPTIAN TURKEY BURGERS (HAWAWSHI)



### Ingredients:

1	Teaspoon	Salt
1	Teaspoon	Black Pepper
1	Teaspoon	Ground Allspice
1	Teaspoon	Ground Coriander
1	Teaspoon	Sweet Paprika
½	Teaspoon	Ground Cardamom
½	Teaspoon	Ground Cumin
¼	Teaspoon	Ground Cinnamon
1	Small	Jalapeno, chopped, seeds and pith removed
1	Medium	Sweet Onion, peeled and quartered
3	Cloves	Garlic
1	Medium	Green Bell Pepper, cored, seeded and cut into chunks
1	Cup	Fresh Parsley, roughly chopped
2	Pounds	Ground Turkey, extra lean (at least 93/7)
3	Tablespoons	Tomato Paste
8	Each	Pitas (pocket style) cut in half crosswise
		Extra Virgin Olive Oil

### Directions:

1. Preheat oven to 400°. Mix together the seasonings (the first 8 ingredients), then set aside.
2. Place the jalapeno, onion, bell pepper, garlic and parsley in the bowl of a food processor and pulse a few times until ingredients are finely chopped. Transfer mixture to a sieve and push down with the back of a spoon or spatula to drain the excess liquid. If still too wet, squeeze by hand to remove as much liquid as possible.
3. Place mixture in a large bowl with the tomato paste and seasonings. Mix well. Add the ground turkey and mix by hand until well combined and spices are incorporated. Brush a sheet pan with olive oil.
4. Stuff each pita pocket with ½ cup of the meat mixture. Using the back of a spoon, spread the meat on the insides of the pitas and arrange on the sheet pan. Brush the top of the pitas with olive oil and bake for 15 minutes.
5. Carefully turn the pitas over and place on a rack. Bake another 7 to 10 minutes. Serve with tarator sauce.