

Lemon Pepper Turkey Smash Patties

Servings: 2 | **Prep Time:** 5 minutes | **Cook Time:** 10 minutes | **Total Time:** 15 minutes

These lemon pepper turkey smash patties are a fast, flavorful protein option that comes together in just 15 minutes. Cooking ground turkey smash-style creates crispy edges while keeping the inside juicy, solving the usual dry-turkey problem. Bright lemon pepper seasoning delivers bold flavor with minimal effort.

Why You'll Love This Recipe

- Ultra-fast — ready in just 15 minutes
- Juicy turkey patties with crispy golden edges
- High-protein and lighter than beef
- Minimal ingredients you likely already have
- Versatile for burgers, bowls, wraps, or meal prep

Ingredients

- ½ lb ground turkey
- 1 tsp lemon pepper seasoning
- Pinch garlic powder
- 1 Tbsp oil (olive or avocado oil)
- Optional: lemon wedges for serving

Ingredient Notes & Substitutions

- **Ground turkey:** Lean turkey works well; avoid overcooking if very lean.
- **Lemon pepper:** Salt and citrus levels vary by brand — adjust to taste.
- **Oil:** Necessary for crisp edges and to prevent sticking.
- **Garlic powder:** Adds subtle depth without overpowering lemon.

Instructions

Step 1: Form the turkey balls

Divide turkey into 4 portions and gently roll into balls. Do not overwork.

Step 2: Heat the skillet

Heat oil in a large skillet over medium-high heat until shimmering.

Step 3: Smash the patties

Add turkey balls to skillet and immediately smash into thin patties.

Step 4: Season

Sprinkle lemon pepper seasoning and garlic powder evenly over patties.

Step 5: Cook

Cook 2–3 minutes per side, flipping once, until golden and cooked through (165°F).

Step 6: Serve

Remove from heat and serve immediately with lemon wedges if desired.

Tips for Juicy Smash Patties

- Do not flip more than once to build a good crust.
- Smash immediately after placing turkey in the pan.
- If patties stick, wait another 30 seconds before flipping.
- Avoid pressing after flipping to prevent dryness.

How to Serve Lemon Pepper Turkey Smash Patties

- Burger-style on buns with lettuce and yogurt sauce
- Rice bowls with cucumbers and lemon yogurt drizzle
- Salads sliced over mixed greens with vinaigrette
- Wraps in pita or tortillas with slaw

Variations to Try

- Swap turkey for ground chicken, pork, or plant-based ground
- Add smoked paprika for deeper flavor
- Top with avocado, slaw, or pickled onions
- Drizzle with garlicky yogurt or tzatziki-style sauce

Storage & Reheating

Refrigerator: Store cooked patties in an airtight container for up to 3 days.

Reheat: Warm briefly in a skillet or microwave to avoid drying out.