



GENERAL MENU SET RECIPE OPTION

Turkey and veggie tray bake

INGREDIENTS (1 serving)

FREEZABLE

- 15ml (0.5 fl. oz) olive oil
- 60g (2.1oz) onion, chopped
- 1 garlic clove, grated
- 85g (3.1oz) green bell pepper, chopped
- 85g (3.1oz) red bell pepper, chopped
- 65g (2.3oz) mushrooms, sliced
- 215g (7.5oz) turkey breast, cut into chunks
- 140g (5oz) tinned chopped tomatoes
- small handful of fresh oregano
- small handful of fresh basil
- 65g (2.2oz) green olives, sliced
- 50g (1.9oz) parmesan cheese, grated
- 145g (5.1oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

If you bake a big boy batch of this, then the fridge or freezer will be stocked for the week. Winner, winner turkey dinner.

METHOD

Turn the grill to maximum.

Heat the oil in a medium sized frying pan to a medium heat, fry the onion and garlic for 2-3 minutes, then add the peppers and mushrooms for 2-3 minutes until everything starts to soften.

Add the turkey chunks and continue to fry until they start to color up. Now add tomatoes and bring this mixture to the boil, reduce the heat and simmer for 6-8 minutes until the turkey pieces are cooked through.

Stir in the fresh herbs along with the olives and transfer it into an ovenproof dish. Sprinkle over the cheese and slide under the grill for 2-3 minutes until the cheese has melted.

Serve with a portion of your favorite green vegetables steamed, blanched or boiled.