

GRILLED TURKEY STEAK

with Chilli Beans







HELLO BEANS







Green Pepper



Spring Onion





Yellow Pepper

Coriander

Smoked Paprika

Ground Coriander



Turkey Steak





Steamed Brown











Balanced

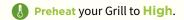


Under 550 calories



Low in salt





Preheat your Grill to High.
Wash the veggies.
Make sure you've got a Fine Grater, Sieve, Mixing Bowl, some Foil, a Baking Tray, Large Saucepan and Measuring Jug. Let's start cooking the Grilled Turkey Steak with Chilli Beans.



PREP THE VEGGIES

- a) Zest the **lime** then chop into wedges. Roughly chop the **vine tomato**. Halve the **peppers** and discard the cores and seeds. Chop into small pieces. Trim the spring onion and finely slice.
- b) Roughly chop the coriander (stalks and all). Drain and rinse the **mixed beans** in a sieve.



SIMMER THE CHILLI

- a) Pour in the water (see ingredients for amount) and stir in the mixed beans.
- b) Bring to the boil then reduce the heat and simmer until tck and tomatoey, 6-8 mins.



2 NOW THE TURKEY

a) Pop the lime zest, half the ground cumin, half the ground coriander and half the **smoked paprika** in a mixing bowl with a squeeze of lime juice and a pinch of salt. Add the **turkey steaks** and coat well using your hands. Pop the steaks on a foil-lined tray and grill, 10-12 mins. Turn halfway cooked when no longer pink in the middle.



5 COOK THE RICE

a) Meanwhile, cook the rice according to pack instructions.



3 START THE CHILLI

- a) Heat a drizzle of oil in a large saucepan on medium heat.
- **b)** Add the **tomato**, **peppers**, remaining ground cumin, ground coriander and smoked paprika, half the spring onion and a pinch of chilli flakes.
- c) Cook, stirring occasionally, until the peppers start to soften, 4-5 mins.



6 SERVE

- a) When the turkey steaks are cooked, transfer to a board and cut into 4 slices. Stir any turkey juices into the chilli beans. Season to taste with salt and pepper if needed and stir through half the coriander.
- **b)** Serve the **rice** in bowls, topped with the chilli beans and turkey. Finish with a sprinkling of remaining coriander, spring onion, chilli flakes (if liked) and lime wedges. Enjoy!

INGREDIENTS

In order of use

	2P	3P	4P
Lime *	1	1½	2
Vine Tomato	2	3	4
Green Pepper *	1	2	2
Yellow Pepper *	1	1	2
Spring Onion *	1	2	3
Coriander *	1 bunch	1 bunch	1 bunch
Mixed Beans	1 carton	1½ cartons	2 cartons
Ground Cumin	1 small pot	¾ large pot	1 large pot
Ground Coriander	1 small pot	¾ large pot	1 large pot
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Turkey Steak *	2	3	4
Chilli Flakes	a pinch	a pinch	a pinch
Water*	100ml	150ml	200ml
Steamed Brown Basmati Rice	1 pack	1½ packs	2 packs
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*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 653G	PER 100G
Energy (kJ/kcal)	1975 /472	303 /72
Fat (g)	6	1
Sat. Fat (g)	2	1
Carbohydrate (g)	47	7
Sugars (g)	10	1
Protein (g)	53	8
Salt (g)	0.03	0.01

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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Packed in the UK

