

JERK SPICED TURKEY

with Lime and Coconut Brown Rice



NUTRITIONIST APPROVED



Turkey is also a great source of selenium, selenium contributes to maintaining normal hair and nail growth.



Turkey Steak



Caribbean Jerk Spice





Brown Basmati Rice







Green Pepper





Desiccated Coconut





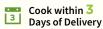






Balanced





Super lean and packed with protein, turkey is a great addition to this weeknight favourite and works brilliantly with the punchy Caribbean-style flavours in this delicious dish. Our specially blended jerk spice (a fragrant mix of spices like allspice berries, black peppercorns and nutmeg) gives the turkey a delicious crust and works brilliantly with the fresh ingredients in this recipe. Served with coconutty brown rice packed with peppers (a great source of Vitamin C) and a fresh tomato salad, this healthy recipe is the perfect thing for an easy mid-week dinner.

BEFORE YOU START

Our fruit and veggies need a little wash before you use them! Make sure you've got a Fine Grater, Mixing Bowl, Large Saucepan, Sieve Large Frying Pan, some Foil and a Large Baking Tray. Now, let's get cooking!



MARINATE THE TURKEY Zest and juice the lime. Pop the Caribbean jerk spice, honey and the half the lime juice in a mixing bowl and add a pinch of salt and pepper. Stir together then add the turkey steaks and turn to coat. Set aside. **!** IMPORTANT: Wash your hands and equipment after handling raw meat.



COOK THE RICE Bring a large saucepan of water to the boil with a pinch of salt for your rice. When boiling, stir in the **brown rice** and boil for 25 mins. **TIP:** Add more water if it starts to evaporate too much. When cooked, drain the **rice** thoroughly in a sieve and return to the saucepan, off the heat.



TOAST THE COCONUT Preheat your grill to medium-high. Put a large frying pan on medium-high heat (no oil). When hot, add the desiccated coconut. Toast, stirring frequently, until golden, 1-2 mins, then transfer to a bowl. **TIP:** Be careful it burns easily! Keep the pan, we will use it later.



NUTRITION FOR PER SERVING PER UNCOOKED INGREDIENT 485G 100G Energy (kJ/kcal) 2297 /549 473 /113 Fat (g) 9 2 Sat. Fat (g) 14 Carbohydrate (g) 68 Sugars (g) 14 3 Protein (g) 48 10 0.57 0.12 Salt (g)

INGREDIENTS

2

1 pot

½ sachet

150g

2

1 bunch

3

1½ pots

¾ sachet

225g

3

1 bunch

2

½ sachet ¾ sachet 1 sachet

11/2

2 pots

1 sachet

300g

4

1 bunch

2

2

Turkey Steak *

Honey

Caribbean Jerk Spice

Brown Basmati Rice

Vine Tomato

Coriander *

Green Pepper *

Desiccated Coconut

* Store in the Fridge

Red Pepper *

Lime *

Nutrition for uncooked ingredients based on 2 person recipe.



GRILL THE TURKEY Pop the **turkey steaks** and their marinade on a large foil-lined baking tray and grill until cooked through, 12-15 mins. Turn turkey is cooked when it is no longer pink in the middle. When done, cover the **turkey** loosely in foil and leave to rest for a few mins.



FRY THE PEPPERS Meanwhile, halve the peppers and discard the core and seeds. Chop into small pieces. Return your now empty frying pan to medium heat with a drizzle of **oil**. When hot, add the peppers and fry until just soft, 8-10 mins, stirring occasionally, then remove from the heat. Meanwhile, roughly chop the tomatoes and **coriander** (stalks and all). Pop in a bowl with the remaining lime juice. Season with a pinch of **salt** and **pepper**. Stir and set aside.



FINISH AND SERVE Stir three-quarters of the toasted desiccated coconut into the cooked rice along with the lime zest and peppers. Slice the turkey into four pieces. Serve the lime and coconut rice on plates topped with the turkey and any juices. Finish with the tomato and coriander salad and a sprinkling of remaining desiccated coconut. Enjoy!

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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