

TURKEY, STRAWBERRY & AVOCADO SALAD

INGREDIENTS:

- 400g turkey breast mini fillets
- 2 lemons, 1 zested and juiced, 1 sliced
- 3 garlic cloves, crushed
- 1 tbsp maple syrup
- 2 tsp olive oil
- ½ tsp poppy seeds
- 160g baby spinach
- 1 avocado, peeled, stoned and sliced
- 200g strawberries, hulled and cut into quarters
- 10g basil, torn



HOW TO PREPARE:

STEP ONE:

Put the turkey fillets between two sheets of baking parchment and bash to a 1cm thickness using a rolling pin. Tip the turkey, lemon slices, garlic and 1 tsp salt into a large, deep pan. Cover with water so the turkey is submerged, then bring to the boil over a medium heat. Reduce the heat to low-medium, cover and cook for 10 mins, or until the turkey is cooked through and the juices run clear. Transfer to a plate using a slotted spoon, cover loosely with foil and leave to cool slightly.

STEP TWO:

Whisk the lemon zest and juice with the maple syrup. Slowly whisk in the oil, then the poppy seeds. Season.

STEP THREE:

Shred the turkey using two forks. Divide the spinach, avocado, strawberries and basil between plates and top with the turkey. Drizzle with the dressing to taste, then serve.

NUTRITION PER SERVING:

KCAL: 306
FAT: 19G
SATURATES: 4G
CARBS: 8G
SUGARS: 6G
FIBRE: 5G
PROTEIN: 24G
SALT: 0.4G

PREP TIME: 15 MINS

COOK TIME: 10 MINS

SERVINGS: 4