

## Recipe of the Week 8

### Leftover turkey with broccoli and red onion

There are plenty of healthy dishes you can make with the Christmas leftovers. Lean cuts of turkey breast are an excellent source of protein whilst low in fat. Furthermore turkey is high in Beta Alanine (an amino acid) which can increase the Carnosine in your cells which could possibly delay the onset of fatigue via buffering hydrogen ions which increase the acidity in muscles and lead to fatigue.

Tip: you can adjust the dish to include any of you Christmas left-over's.



#### Ingredients

1 tbsp sunflower oil  
3 large garlic cloves, peeled and sliced  
1 large red onion, peeled and cut into wedges  
450g leftover British turkey, cut into strips  
2 medium carrots, peeled and cut into strips  
225g broccoli florets, trimmed, divided into florets and cut in half  
200g water chestnuts, drained  
2 tbsp light soy sauce  
1 tbsp medium dry sherry  
1 tsp hot chilli sauce  
1 tsp clear honey  
8 spring onions, trimmed and diagonally sliced  
Freshly cooked rice to serve

**Serves: 4**

**Preparation time: 10-minutes**

**Cooking time: 10-minutes**

#### Method

1. Heat a wok or large pan and add the oil.
2. Stir fry the garlic and onion for 2 minutes.
3. Add the carrots, broccoli and water chestnuts then stir fry for 2 minutes before adding the leftover turkey, soy sauce, sherry, chilli sauce and honey.
4. Continue to stir fry for 2-4 minutes or until the turkey is thoroughly heated through.
5. Sprinkle with the spring onions and serve with the freshly cooked rice.

#### Each serving contains

Energy (kcal) – 235  
Carbohydrates – 21g  
Protein – 28g  
Fat – 5.8g (4g saturated)

(Adapted from British turkey.co.uk, 2009)

