

Recipe of the Week 27

Turkey and Mushroom Creole

The Turkey and Mushroom Creole is high in essential nutrients for performance and health including vitamin C for immunity. The 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. Serve with rice to increase the carbohydrate content of the dish.



Ingredients

1tbsp olive oil
1 onion (finely chopped)
2cloves of garlic (crushed)
1 red pepper (deseeded and chopped)
2 sticks of celery (chopped)
400g canned tomatoes
1tsp chilli powder
Large pinch cayenne pepper
1tsp paprika
1tsp coriander
½tsp dried thyme
150g button mushrooms
500g turkey, cut into strips

Serves: 2 - 4

Preparation time: 20 -minutes

Cooking time: 45-minutes

Each serving contains

Energy (kcal) – 200kcal
Carbohydrates –20g
Protein – 16g
Fat – 6 (1.4g saturated)

Method

1. Heat the oil in a large pan then add the onion, garlic, red pepper and celery and cook gently for 10 minutes or until soft.
2. Stir in the tomatoes, herbs and spices. Cook for 2 to 3 minutes to release the flavours.
3. Stir in the turkey strips and mushrooms, then cover the pan and cook gently stirring occasionally until the turkey is cooked and tender.
4. Serve with rice

Recipe adapted from: www.tesco.com/health/recipes
Image from: www.tesco.com/health/recipes

