

Spiced Turkey Skewers

Super quick & spicy...



Turkey skewers and bulgur salad.

Fast food that is perfectly simple and can all be done in advance of eating - perfect for a special occasion of party.

Ingredients...

2 tbsp sunflower oil
2 tbsp lemon juice
1 tsp paprika
3 tbsp chopped flat leaf parsley, plus extra to garnish
400g turkey breast, diced or left over roast meat
Salt and freshly ground black pepper

For the bulgur salad

400ml chicken stock
250g bulgur wheat
400g tin green lentils, rinsed and drained
½ cucumber, diced
1 tray of cherry tomatoes
25g fresh mint, chopped

Lemon wedges, to garnish

For the hummus dressing

4 tbsp hummus
1 tbsp lemon juice

Approach...

Start with the skewers and put them in warm water and let them soak, whilst you prepare the turkey. Now mix together the oil, lemon juice, paprika and parsley in a large bowl, and season. Then mix in the turkey and set aside in the fridge for at least 20 minutes - longer the better. Quickly coat the cherry tomatoes in olive oil and roast for 10 minutes. In a large saucepan, bring the stock to the boil and pour in the bulgur wheat. Cover and simmer over a medium heat for 12-15 minutes or until the bulgur wheat is tender and has absorbed the stock. When the bulgur is cooked, drain and set aside to cool. Then stir in the green lentils, cucumber, tomatoes and mint. Don't forget to season well.

Now preheat the grill to a hot setting. Thread the pieces on the skewers (you can add vegetables as an option if wanted) and then spoon any marinade left over the skewers. Cook under the grill, turning once or twice (keep adding the marinade so the turkey stays moist), for 10 minutes, or until cooked through.

Servings: 4 persons.

John Munro Limited. Highland taste on your plate.

The Highlands has what most people will agree is a unique landscape with dramatic weather. It's this weather that creates the fine grasses, the heather tips and crystal clear waters that define the beef and lamb, which we sell through our time honoured and traditional butchers shop network. All we can say is that our skills are in the presentation of our meats, but we leave the rest to the Highlands when it comes to creating it!

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 www.facebook.com/John-M-Munro-Ltd-Butchers-and-Wholesalers

No Food Waste
Left Over Menu
Make better use of your food, with our left over menu recipes.
Use your left over turkey from your roast.



"We're probably in, just about one of the best place in the whole of the UK for game. The landscape, the weather and the fine grasses and heathers, all combine to make a taste and texture few can compare too."

Charlie Munro, John Munro Limited.

