



Turkey Sweet & Sour

Super quick Chinese...



Five-spice turkey breasts with honey.

Fast food that is perfect whatever the weather, fragrant and satisfying but also just that little bit special.

Ingredients...

200g turkey breast or left over roast meat
2 tbsp soy sauce
2 tbsp runny honey
1 tbsp of sweet chilli sauce
1½ tsp of Chinese 5 spice
2 tbsp olive oil
2 tbsp sesame seeds

For the vegetables

50g new potatoes, thinly sliced
50g green beans, trimmed
½ carrot, peeled, cut into ribbons
1 tbsp olive oil
1 tbsp sesame oil

Approach...

In a large bowl, mix the turkey pieces along with all of the other ingredients except the sesame seeds. Leave for 30 minutes to marinate. Boil the potatoes, beans and carrots (do not over boil the beans and carrots - keep them firm). Drain the vegetables and transfer to a bowl, then pour over the oils and mix well.

Heat a wok over a high heat, place the turkey into the wok and stir fry for 3-4 minutes. Add the sesame seeds to the wok and cook for a further minute. Now build the vegetables and stir-fry in a bowl to serve.

Option: add noodles or rice.

Servings: 4 persons.



"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.

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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