



# INCABERRIES

## **Roast turkey with Incaberry and macadamia stuffing**

Serves 6

### ***Ingredients***

1.25kg boneless turkey breast, skin removed  
1/3 cup chopped macadamias  
1/2 cup chopped Incaberries  
1/4 cup chopped flat leaf parsley  
1 tablespoon chopped sage  
1 teaspoon finely grated orange zest  
20g salt reduced margarine  
cracked black pepper  
6 cups mixed steamed vegetables

### ***Method***

Preheat the oven to 180C.

Place the macadamias, Incaberries, herbs, orange zest, margarine and pepper in a large bowl and mix with your hands to combine.

Place the turkey breast on a board and open out to make a flat piece. Place the stuffing mixture along the middle of the turkey then roll up and secure with cooking string.

Place the turkey in a baking dish. Transfer to the oven and cook for 1 – 1¼ hours or until cooked through.

Allow to stand for 5 minutes before carving and serving with mixed steamed vegetables.

### ***Nutrients per serve (6 serves)***

1890kJ energy, 50g protein, 16g total fat (3.5g saturated fat, 4g polyunsaturated fat, 8g monounsaturated fat), 18g carbohydrates, 11g sugars, 14g fibre, 565mg sodium