



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