



Hong Kong Sweet & Sour Turkey



Ingredients

- 1 kg (2lb 4oz) Big Green Tick Diced Turkey Thigh
- 15ml (1 tbsp) vegetable oil
- 2.5ml (½tsp) chilli powder (optional)
- 5ml (1 tsp) garlic, crushed
- 5ml (1 tsp) ginger, crushed
- 175g (6oz) onions, sliced
- 432g (15oz) tinned pineapple chunks in fruit juice (retain juice)
- 30ml (2 tbsp) tomato puree
- 30ml (2 tbsp) soy sauce, low salt
- 30ml (2 tbsp) runny honey
- 1 green and 1 red pepper, sliced
- 350g (12oz) carrots, cut into strips
- 30 ml (2 tbsp) cornflour
- 30ml (2 tbsp) white wine vinegar

Cook time : 1 hr 45 mins

Prep time : 15 mins

PRIMARY
25 MAIN MEAL PORTIONS



SECONDARY
18 MAIN MEAL PORTIONS



Method:

- 1) Heat oil in a large pan. Add diced turkey, chilli, garlic, ginger and onions and sauté for 5 minutes.
- 2) In a bowl mix together 200ml reserved pineapple juice, tomato puree, soy sauce and honey and stir into pan.

- 3) Add the peppers and carrots. Cover and simmer for 1½ hours, stirring occasionally.
- 4) Add pineapple pieces.
- 5) Mix together cornflour and vinegar and pour into pan.
- 6) Cook for a further 5 minutes, until sauce has thickened.

Hints & Tips

- Alternatively, transfer to a steam oven to cook at stage 3
- Frozen sliced peppers can be used to replace fresh
- Serve with fluffy rice or noodles

Nutritional Information

Typical Values	Per Primary Portion	Per Secondary Portion
Energy (kcal)	>90.8	>126.1
Fat (g)	2.7	3.7
Saturates (g)	>0.6	>0.8
Carbohydrate (g)	>8.1	>11.3
Protein (g)	9.0	12.4
NME Sugar (g)	2.3	3.2
NSP (g)	>0.9	>1.3
Vitamin A (µg)	369.9	513.7
Vitamin C (mg)	14.3	19.9
Zinc (mg)	1.3	1.8
Iron (mg)	0.7	1.0
Folate (µg)	>14.4	>19.9
Calcium (mg)	10.6	14.7
Sodium (mg)	128.6	178.6



For further information on the benefits of putting turkey on your menu and recipe inspiration, contact the Foodservice team on 0845 5194097 or go to www.bernardmatthewsfoodservice.co.uk