



Mexican Mayhem Turkey Chilli



Ingredients

- 1kg (2lb 4oz) Big Green Tick Turkey Thigh Mince
- 15ml (1 tbsp) vegetable oil
- 5ml (1 tsp) garlic, crushed
- 175g (6oz) onion, diced
- ½ to 1 sachet (depending on taste) Schwartz for Chef Chilli Mix
- 500ml (18fl oz) low salt chicken stock or water
- 400g tinned, chopped tomatoes
- 125g (5oz) fresh red pepper, diced
- 30ml (2tbsp) tomato puree
- 15ml (1 tbsp) Worcester sauce (optional)
- 410g (14oz) can kidney beans, drained
- Season to taste

Cook time : 35 mins

Prep time : 10 mins

PRIMARY
25 MAIN MEAL PORTIONS



SECONDARY
18 MAIN MEAL PORTIONS



Method:

- 1) Heat the oil in a pan, add the garlic and onion and fry for 2 -3 minutes or until soft.
- 2) Add the turkey mince and chilli seasoning and stir for 5 minutes or until thoroughly cooked.
- 3) Add the stock, chopped tomatoes, red pepper, tomato puree and

- Worcester sauce. Reduce heat, cover the pan and simmer for 20 minutes, stirring occasionally. Alternatively transfer to a steamer.
- 4) Stir in the kidney beans and cook for a further 5 minutes. Season to taste.

Hints & Tips

- Delicious served with rice or in a baked potato and topped with a little cheese
- Replace fresh pepper with frozen
- Garnish with chopped parsley

Nutritional Information

Typical Values	Per Primary Portion	Per Secondary Portion
Energy (kcal)	101.3	140.7
Fat (g)	3.4	4.7
Saturates (g)	0.6	0.9
Carbohydrate (g)	8.1	11.2
Protein (g)	10.0	13.9
NME Sugar (g)	0.5	0.6
NSP (g)	1.7	2.4
Vitamin A (µg)	36.4	50.6
Vitamin C (mg)	8.3	11.5
Zinc (mg)	1.9	2.7
Iron (mg)	1.2	1.6
Folate (µg)	15.5	21.5
Calcium (mg)	84.2	116.9
Sodium (mg)	170.2	236.4



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