



# Turkey Fiesta Fajitas



Cook time : 10 mins

Prep time : 15 mins

**SECONDARY  
GRAB AND GO**  
18 portions



## Method:

- 1) Heat the oil in a pan and add the onions and peppers and cook for 5 minutes or until softened.
- 2) Add the turkey chunks and seasoning to the pan and cook for a further 5 minutes or until the turkey has reached core temperature (75°C).

- 3) Divide the mixture between the wraps and roll up.
- 4) Serve warm.

## Hints & Tips

- Alternatively use frozen sliced peppers
- Also delicious served with natural yoghurt, tomato salsa and grated cheese

## Nutritional Information

Typical Values	Per Primary Portion	Per Secondary Portion
Energy (kcal)	188.9	262.3
Fat (g)	4.7	6.5
Saturates (g)	1.7	2.4
Carbohydrate (g)	22.6	31.4
Protein (g)	14.1	19.6
NME Sugar (g)	1.8	2.5
NSP (g)	1.6	2.3
Vitamin A (µg)	66.6	92.5
Vitamin C (mg)	10.0	13.9
Zinc (mg)	1.6	2.2
Iron (mg)	1.5	2.1
Folate (µg)	8.8	12.2
Calcium (mg)	61.7	85.7
Sodium (mg)	183.2	254.4



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](http://www.bernardmatthewsfoodservice.co.uk)