



WHATSheATE



HEALTH SCORE

56%

Chargrilled turkey with quinoa tabbouleh & tahini dressing



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g quinoa
- ☐ 0.5 cucumber cut into 1cm chunks
- ☐ 175 g cherry tomatoes halved
- ☐ 3 spring onion finely sliced
- ☐ 1 handful parsley roughly chopped
- ☐ 1 handful cilantro leaves roughly chopped
- ☐ 1 tbsp olive oil

- ☐ 1 juice of lemon
- ☐ 4 turkey breast cutlets
- ☐ 1.5 tbsp tahini
- ☐ 1.5 tbsp yogurt low-fat
- ☐ 0.5 juice of lemon
- ☐ 0.5 garlic clove crushed
- ☐ 0.5 tsp clear honey

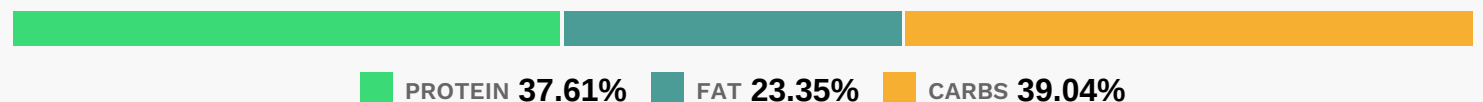
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Tip the quinoa into a saucepan and pour over 600ml water. Cover with a lid and bring to the boil. Turn down and simmer until the water has evaporated (just as youd cook rice) about 20 mins. Take off the lid and leave to cool while you prepare the turkey and salad.
- ☐ Tip the cucumber, tomatoes, spring onions and herbs into a large mixing bowl.
- ☐ Pour over 1 tbsp olive oil and lemon juice, season well and mix everything together.
- ☐ Heat a griddle pan and, when smoking hot, rub the turkey steaks with 1 tsp olive oil. Cook for about 5 mins on each side, depending on thickness. Stir together all the dressing ingredients along with 3 tbsp water. Toss the quinoa together with the salad and arrange on plates.
- ☐ Cut the turkey into thick slices, pile up on the quinoa and drizzle over the dressing.

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:17.561304514823%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 394.34kcal (19.72%), Fat: 10.3g (15.85%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 34.09g (12.4%), Sugar: 3.37g (3.74%), Cholesterol: 70.45mg (23.48%), Sodium: 69.54mg (3.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.35g (74.7%), Manganese: 1.12mg (55.93%), Vitamin K: 44.18µg (42.08%), Phosphorus: 309.76mg (30.98%), Folate: 119.45µg (29.86%), Magnesium: 116.9mg (29.23%), Vitamin C: 19.24mg (23.32%), Copper: 0.46mg (23.02%), Vitamin B1: 0.31mg (20.67%), Fiber: 4.67g (18.69%), Iron: 3.35mg (18.61%), Vitamin B6: 0.33mg (16.36%), Potassium: 520.41mg (14.87%), Vitamin E: 2.08mg (13.88%), Zinc: 2.06mg (13.76%), Vitamin B2: 0.21mg (12.53%), Vitamin A: 497.69IU (9.95%), Selenium: 6.82µg (9.75%), Vitamin B3: 1.42mg (7.09%), Calcium: 65.19mg (6.52%), Vitamin B5: 0.61mg (6.11%)