



Lemony crumbed turkey with broccoli-bean smash

READY IN



50 min.

SERVINGS



4

CALORIES



1128 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp flour plain
- ☐ 1 large eggs
- ☐ 100 g breadcrumbs fresh
- ☐ 1 small handful parsley chopped
- ☐ 450 g turkey breast cutlets
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 4 cherry tomatoes
- ☐ 350 g broccoli cut into small florets

- ☐ 400 g butter drained canned
- ☐ 4 tbsp basil pesto

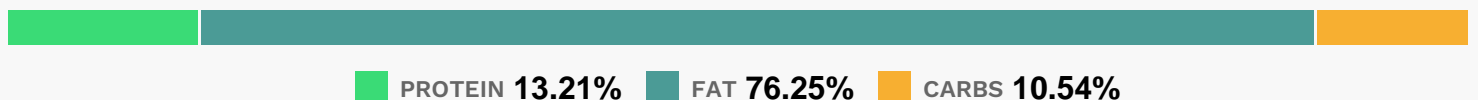
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Heat oven to 180C/ 160C fan/gas
- ☐ Put the flour into a wide, shallow bowl with a little seasoning.
- ☐ Whisk the egg in a second shallow bowl with 1 tbsp water.
- ☐ Add the breadcrumbs, lemon zest and parsley to a third shallow bowl.
- ☐ Get the kids to dip each turkey steak into the flour, shaking off any excess, then into the egg, and finally into the breadcrumbs press the crumbs into the turkey to make sure they really stick.
- ☐ Put the steaks on a large baking tray, drizzle with oil and bake for 20 mins.
- ☐ Add the cherry tomatoes to the tray and bake for a further 5 mins.
- ☐ Meanwhile, boil a pan of water, then add the broccoli and cook for 5 mins.
- ☐ Add the butter beans and cook for 2 mins more until broccoli is really tender.
- ☐ Drain well and leave to steam-dry for 1-2 mins. Tip back into the pan, add the pesto and get the kids to mash everything up with a potato masher. Divide the turkey smash and tomatoes between plates adding lemon wedges for those who want to squeeze some over.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:4.28, Inflammation Score:-9, Nutrition Score:24.647826002992%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 6.88mg, Kaempferol: 6.88mg, Kaempferol: 6.88mg, Kaempferol: 6.88mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 1127.58kcal (56.38%), Fat: 97.08g (149.35%), Saturated Fat: 53.85g (336.59%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 26.25g (9.54%), Sugar: 4.07g (4.52%), Cholesterol: 333.01mg (111%), Sodium: 1067.17mg (46.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.85g (75.69%), Vitamin K: 115.21µg (109.72%), Vitamin C: 83.26mg (100.92%), Vitamin A: 3581.4IU (71.63%), Vitamin E: 6.14mg (40.9%), Folate: 104.77µg (26.19%), Vitamin B1: 0.37mg (24.33%), Manganese: 0.47mg (23.74%), Selenium: 15.32µg (21.88%), Vitamin B2: 0.33mg (19.22%), Phosphorus: 159.16mg (15.92%), Fiber: 3.94g (15.78%), Iron: 2.79mg (15.5%), Calcium: 146.12mg (14.61%), Vitamin B3: 2.7mg (13.52%), Potassium: 415.37mg (11.87%), Vitamin B6: 0.22mg (11.22%), Vitamin B5: 0.99mg (9.92%), Magnesium: 35.89mg (8.97%), Zinc: 1.05mg (6.98%), Copper: 0.14mg (6.9%), Vitamin B12: 0.37µg (6.15%), Vitamin D: 0.25µg (1.67%)