



## Pancetta-wrapped turkey breast with herby lemon & pine nut stuffing

READY IN



150 min.

SERVINGS



6

CALORIES



1297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 servings butter for greasing
- ☐ 20 bacon thinly sliced (2 x 70g 2oz packs)
- ☐ 3 kg turkey breast (see know-how below)
- ☐ 25 g butter
- ☐ 1 tbsp olive oil
- ☐ 2 large onion halved sliced
- ☐ 140 g bacon
- ☐ 50 g pinenuts

- ☐ 4 garlic clove chopped
- ☐ 25 g sage roughly chopped
- ☐ 2 lemon zest
- ☐ 40 g flat parsley roughly chopped
- ☐ 100 g breadcrumbs white
- ☐ 1 eggs beaten
- ☐ 300 ml wine dry white
- ☐ 300 ml chicken stock see
- ☐ 142 ml double cream
- ☐ 1 handful parsley roughly chopped

## Equipment

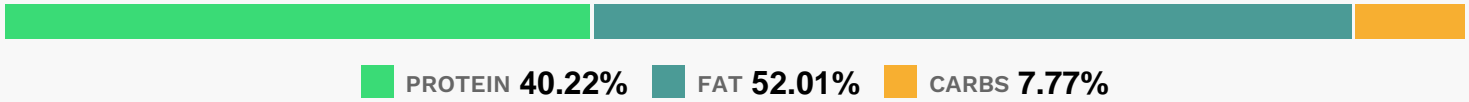
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ skewers
- ☐ rolling pin

## Directions

- ☐ First prepare the stuffing.
- ☐ Heat the butter and oil in a large frying pan, then soften the onion without colouring for 10 mins. Tip into a bowl.
- ☐ Add the pancetta or bacon to the pan, fry for 5 mins until golden, then add the pine nuts, garlic, sage and lemon zest. Fry for 1 min more until fragrant and the pine nuts are starting to brown. Stir in the chopped parsley. Tip into the bowl with the onions, then bind with the crumbs, egg and seasoning.
- ☐ Butter and season a sheet of turkey foil or use 2 sheets of foil crimped together to make a sheet about 50 x 60cm.

- ☐ Lay five long pieces of string over the foil like rungs of a ladder, ready to tie the breast together. Arrange the pancetta or bacon in a lattice over the middle of the foil, on top of the string.
- ☐ Open out the butterflied breast, skin-side down, and slash each side several times. Cover with cling film and bash with a rolling pin until the meat is about 5cm thick all over. Trim the sides so that you have a roughly rectangular shape (but be careful not to cut the skin). Lift onto the pancetta, then fill any gaps with the trimmings. Season, then press the stuffing along the middle of the joint. Pull up the sides at one end, tucking in the short end, then tie the string tightly so that the stuffing is encased. Repeat with all the strings. Wrap up tightly in the foil, then turn the roll over so that the pancetta is on the top. Can be left in the fridge for up to 2 days.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Sit the joint in a roasting tin and roast for 40 mins per kg or until a skewer inserted into the middle comes out very hot and the juices run clear. Unwrap for the last 10 mins of cooking.
- ☐ Lift the joint onto a board and leave to rest, covered, for at least 10 mins. For the gravy, heat the tin on the hob, then splash in the wine and any juices. Reduce by half, then add the stock and repeat.
- ☐ Pour in the cream and bubble to a slightly reduced sauce. Season to taste, then stir in the parsley.

## Nutrition Facts



## Properties

Glycemic Index:39.33, Glycemic Load:1.49, Inflammation Score:-9, Nutrition Score:51.853043597677%

## Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 15.81mg, Apigenin: 15.81mg, Apigenin: 15.81mg, Apigenin: 15.81mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

## Nutrients (% of daily need)

Calories: 1296.67kcal (64.83%), Fat: 73.13g (112.5%), Saturated Fat: 25.89g (161.81%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 22.05g (8.02%), Sugar: 5.88g (6.54%), Cholesterol: 409.21mg (136.4%), Sodium: 1949.65mg (84.77%), Alcohol: 5.22g (100%), Alcohol %: 0.8% (100%), Protein: 127.25g (254.51%), Copper: 5.65mg (282.68%), Vitamin B3: 56.04mg (280.18%), Vitamin B6: 4.33mg (216.62%), Selenium: 141.97µg (202.81%), Phosphorus: 1470.65mg (147.06%), Vitamin K: 129.23µg (123.07%), Manganese: 1.27mg (63.59%), Vitamin B12: 3.81µg (63.51%), Vitamin B2: 1.05mg (61.65%), Zinc: 8.94mg (59.57%), Potassium: 1740.1mg (49.72%), Vitamin B5: 4.84mg (48.45%), Magnesium: 186.86mg (46.71%), Vitamin B1: 0.69mg (46.08%), Iron: 5.57mg (30.95%), Vitamin A: 1378.3IU (27.57%), Folate: 84.35µg (21.09%), Vitamin C: 16.97mg (20.57%), Calcium: 173.8mg (17.38%), Vitamin E: 2.44mg (16.25%), Fiber: 2.53g (10.1%), Vitamin D: 1.41µg (9.43%)