



Turkey, brie & cranberry Wellington

READY IN



125 min.

SERVINGS



8

CALORIES



1207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1000 g puff pastry
- ☐ 1 eggs beaten
- ☐ 2 tbsp butter
- ☐ 1 leek finely sliced
- ☐ 100 g gammon chopped
- ☐ 4 sausage
- ☐ 5 sage chopped
- ☐ 85 g breadcrumbs fresh
- ☐ 2 turkey breast

- ☐ 200 g round of président brie sliced
- ☐ 4 tbsp roasted cranberry sauce

Equipment

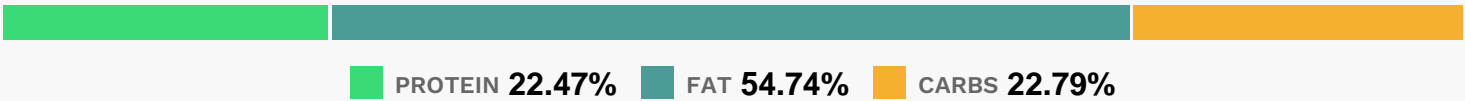
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ For the filling, trim your turkey breasts: you want to create a long tube of meat in the middle of your Wellington, similar in shape to a fillet of beef. You can use the trimmings in the stuffing, so don't worry about wastage. Once you have the correct shape, slice a pocket into the breasts deep enough so that the brie and cranberry sauce will stay inside, but don't cut all the way through. Divide the cranberry sauce and brie between the two turkey breasts, then chill while you make the stuffing.
- ☐ For the stuffing, heat the butter in a frying pan and gently cook the leek for about 5 mins. Meanwhile, finely chop the turkey trimmings and add to the pan with the gammon. Cook for about 5 mins, then remove and allow to cool slightly.
- ☐ Mix with the sausagemeat, sage and breadcrumbs, then season.
- ☐ Roll out the first block of pastry on a floured surface to about 1 thickness: you want a long thin shape that is about 5cm wider than turkey breast width and 5cm longer than length of turkey breasts placed end to end. Gently lift this onto a baking sheet and put the turkey breasts on top, followed by the stuffing.
- ☐ Roll out the second block of pastry, brush the edge of the bottom sheet with egg and lay the top one over. Trim edges to neaten, then crimp together. Can be made up to 1 day in advance and chilled.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Brush the Wellington with more beaten egg and, with a sharp knife, score a criss-cross pattern, but don't cut all the way through. Cook for 30 mins, then cover with foil and cook for

30–45 mins more. After 1 hr, check that the middle is hot by inserting a skewer for 5 secs it should feel hot to the touch. Leave to rest for 15 mins, then slice to serve.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:30.99, Inflammation Score:-7, Nutrition Score:35.650869421337%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1207.44kcal (60.37%), Fat: 73.44g (112.98%), Saturated Fat: 22.95g (143.46%), Carbohydrates: 68.79g (22.93%), Net Carbohydrates: 66.15g (24.06%), Sugar: 4.64g (5.15%), Cholesterol: 196.74mg (65.58%), Sodium: 1261.01mg (54.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.84g (135.69%), Vitamin B3: 28.17mg (140.87%), Selenium: 85.33µg (121.9%), Vitamin B6: 1.85mg (92.26%), Phosphorus: 702.43mg (70.24%), Vitamin B1: 0.88mg (58.49%), Vitamin B2: 0.94mg (55%), Manganese: 0.8mg (39.76%), Folate: 149.08µg (37.27%), Vitamin B12: 2.14µg (35.66%), Zinc: 5.19mg (34.6%), Iron: 5.81mg (32.28%), Vitamin K: 27.17µg (25.88%), Magnesium: 91.06mg (22.76%), Potassium: 787.93mg (22.51%), Vitamin B5: 2.21mg (22.14%), Copper: 0.41mg (20.5%), Calcium: 121.46mg (12.15%), Vitamin A: 528.02IU (10.56%), Fiber: 2.64g (10.55%), Vitamin E: 1.27mg (8.49%), Vitamin D: 1.02µg (6.8%), Vitamin C: 1.71mg (2.07%)