



Turkey patty & roasted root salad with Parmesan dressing

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 large carrots cut into chunky batons
- ☐ 1 large potatoes cut into chunky batons
- ☐ 0.5 celery root cut into chunky batons
- ☐ 4 tbsp olive oil for brushing
- ☐ 2 tbsp parmesan finely grated
- ☐ 2 tsp citrus champagne vinegar
- ☐ 1 tsp dijon mustard

- ☐ 1 tbsp natural yogurt
- ☐ 400 g turkey mince
- ☐ 2 tbsp basil leaf chopped
- ☐ 1 tsp fennel seed crushed
- ☐ 110 g watercress

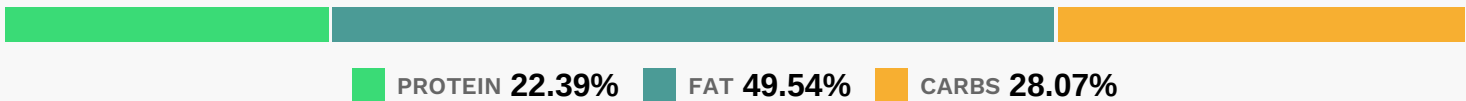
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Put the carrots, potato and celeriac in a roasting dish.
- ☐ Pour over half the olive oil and some seasoning, then cook for 45–50 mins, turning occasionally, until tender and golden.
- ☐ Meanwhile, make the patties.
- ☐ Put the mince, basil and fennel seeds in a bowl, add some seasoning and shape into little patties.
- ☐ Heat a griddle pan to hot, brush the patties with oil and cook for 5–6 mins on each side, or until cooked through.
- ☐ To make the dressing, mix the remaining oil, Parmesan, vinegar, mustard and yogurt with some seasoning.
- ☐ Lay the roasted veg and patties over the salad, then drizzle over the dressing and serve.

Nutrition Facts



Properties

Glycemic Index:86.4, Glycemic Load:15.89, Inflammation Score:-10, Nutrition Score:29.293912980867%

Flavonoids

Apigenin: 1.97mg, Apigenin: 1.97mg, Apigenin: 1.97mg, Apigenin: 1.97mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 10.46mg, Kaempferol: 10.46mg, Kaempferol: 10.46mg, Kaempferol: 10.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 424.47kcal (21.22%), Fat: 23.92g (36.8%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 24.75g (9%), Sugar: 5.42g (6.03%), Cholesterol: 76.35mg (25.45%), Sodium: 257.62mg (11.2%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 24.32g (48.65%), Vitamin A: 9940.86IU (198.82%), Vitamin K: 93.74µg (89.28%), Vitamin B6: 0.86mg (43.14%), Phosphorus: 400.07mg (40.01%), Vitamin C: 32.7mg (39.63%), Vitamin B3: 7.65mg (38.24%), Potassium: 1150.2mg (32.86%), Selenium: 21.09µg (30.13%), Manganese: 0.52mg (25.95%), Zinc: 3.48mg (23.17%), Fiber: 5.75g (22.99%), Magnesium: 84.21mg (21.05%), Vitamin B12: 1.25µg (20.81%), Vitamin B2: 0.34mg (19.92%), Vitamin E: 2.94mg (19.6%), Vitamin B5: 1.87mg (18.68%), Iron: 3.35mg (18.59%), Calcium: 177.11mg (17.71%), Folate: 67.95µg (16.99%), Copper: 0.33mg (16.43%), Vitamin B1: 0.24mg (15.8%), Vitamin D: 0.42µg (2.78%)