

Pulled Turkey Tortillas

(serves 2)

Like Mexican night but tired of Fajitas? Give this recipe a try. By using a leaner alternative to pulled pork & creating your own marinade to save on fattening sauces, this dish will cut the calories on a takeaway. Adding taco beans & roasted vegetables (you can pick these up pre-made at most supermarkets, or make your own) provides plenty of fibre to keep you full. Add your favourite Mexican garnish such as guacamole, salsa or pico de gallo to finish off and...arriba!



Ingredients

- 50ml tap water
- 300g Turkey fillet
- 1 garlic clove
- 1 tsp ginger
- 1 tsp smoked paprika
- 1 tsp cumin
- ½ tsp coriander
- ¼ tsp chilli powder
- 1 tsp olive oil
- 1 tsp soy sauce
- 2 tsp tomato puree
- Salt & pepper to season
- Tin of taco / Mexican beans (395g)
- Roasted Mediterranean vegetables
- Tortilla (allow 2 per serving)

Garnish ideas: Guacamole/ salsa/ sour cream

Method

- 1) Preheat oven to 190 degrees and place turkey fillet in a foiled tray. Pour 50ml water into the tray for added moisture
- 2) Mix all spices in a bowl along with the olive oil, soy sauce and tomato puree and stir well to create a marinade
- 3) Rub the marinade into the turkey fillet and place in the oven at the pre-heated temperature for 15-20 minutes, or until the juices run clear. Place the roasted vegetables in the oven too
- 4) Remove the turkey and roasted vegetables from the oven. Allow the turkey to rest for 10 minutes.
- 5) Meanwhile, heat a tin of taco beans on the hob/in the microwave and transfer to a separate dish once cooked through
- 6) Take 2 forks and pull at the turkey to create a pulled meat effect. Transfer to a serving bowl
- 7) Prepare the tortillas as per instructions
- 8) Fill with the turkey, roasted vegetables, taco beans mixture and top with your favourite Mexican garnishes such as salsa, guacamole or pico de gallo

Nutritional Profile per serving

Calories (kcal)	635
Carbohydrate (g)	70
Fat (g)	7.6
Protein (g)	64
Fibre (g)	12
Salt (g)	2.6

Top tip: Want to avoid Friday night cooking? Throw the turkey, marinade & taco beans into the slow cooker the night before or morning of for minimum effort and an extra succulent finish.