

Stuffed turkey (modified texture)



Ingredients (serves 1)

1 turkey breast (125 g)

50 g carrot

50 g apple

50 g courgette

Water or broth

Extra virgin olive oil

Ground cinnamon

Fresh ginger

Method

1. Peel and dice all vegetables. Dice turkey.
2. Place carrot in a microwave-safe container with 1 spoonful of water. Cover and cook in microwave for 4-5 minutes. Drain and purée with a splash of water until creamy. Add a pinch of cinnamon.
3. Boil the rest of the vegetables and the turkey in broth with a piece of ginger until all is well cooked.
4. Remove ginger and purée the other ingredients until smooth, adding broth as necessary and a splash of oil. Pass through a sieve if necessary.
5. Serve the chicken vegetable purée alongside the carrot cream.

Recommendations

Cook all ingredients very well to make them easier to purée and obtain a smooth homogenous texture.