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In the early
20th Century
the Turkey
nearly became
extinct.



SPICY TURKEY RICE

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

1 tablespoon **olive oil**
1 **onion**, finely chopped
1½ tablespoons **garam masala**
2 **garlic cloves**, crushed
2 x 250 gram pouches ready-cooked **rice**
400 grams roast turkey or cooked turkey breast, shredded
Juice of 1 **lemon**, plus wedges to serve
200 grams **baby leaf spinach**
Large bunch **fresh coriander**, chopped
Natural **yogurt** to serve

INSTRUCTIONS

In a large frying pan, gently fry the onion in the oil for 5 minutes until beginning to soften, then add the garam masala and garlic and cook for a further 1 or 2 minutes.

Next, add in the turkey and the rice, along with a splash of water and allow to warm through for warm for a couple of minutes. Squeeze in the lemon juice and stir in the spinach adding it in a couple of batches so the first can wilt and make some room.

Once the spinach has reduced, add most of the coriander and stir well.

Taste, and then season to your liking before sprinkling with the remaining coriander.

Serve piping hot with the lemon wedges and yogurt.

MACROS PER PORTION

CALORIES	380	PROTEIN	37
CARBS	32	FATS	11
FIBRE	4		