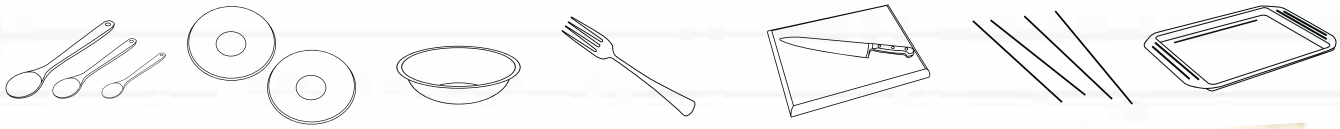
Turkey Twisters

Ingredients

2 x 15ml spoons fine breadcrumbs (wholemeal)
1 x 5ml spoon mixed herbs
1 x 5ml spoon grated Parmesan
few twists black pepper
1 x 15ml spoon flour
1 egg, small
250g turkey breast

Equipment

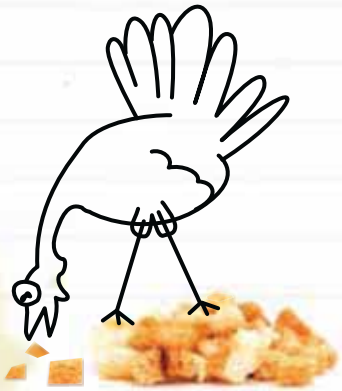


Method

1. Preheat the oven to 200°C or gas mark 6.
2. On a plate, mix the breadcrumbs, herbs, cheese and black pepper together.
3. Place the flour on a plate.
4. Beat the egg in the bowl.
5. Cut the turkey into long strips, about 2-3cm wide.
6. Twist the turkey strips around the skewers.
7. Dust the twists of turkey in the flour.
8. Dip the twists in the beaten egg.
9. Roll the twists in the breadcrumbs.
10. Place the skewers on the baking tray and cook for 20-25 minutes.

Top Tips

- Add different herbs, spices or chopped seeds and nuts to the breadcrumb mix.
- Make your own breadcrumbs from leftover bread – just grate it or whizz it in a blender.
- Serve with parsnip 'chips'. Peel, top and tail 2 parsnips, then cut into thick wedges. Cover with a drizzle of oil and sprinkle with chopped rosemary. Bake in a hot oven for about 20 minutes, until golden.
- Serve the turkey twists with a spicy tomato salsa.



Skills

- Weighing and measuring ☑
- Handling raw meat ☑
- Adding a coating ☑
- Using an oven ☑