

## Turkey Charlotte



### Food Fact:-

Turkey is very low in fat but is a rich source of protein.

This recipe is a very good way of using up any Christmas leftovers

**Preparation time** 5 mins

**Cooking time** 15 mins

Serves 4-6

**REAL FOOD  
WORKS**

### Ingredients

1. Put one third of margarine in a bowl with the onion. Cover and cook on FULL power for 2 minutes. Stir in the flour, stock and seasoning. Whisk in the milk and water, cook on FULL power for 6-8 minutes whisking at regular intervals until sauce thickens.
2. Stir in the mixed veg, turkey and mushrooms and cook on FULL power for 8-10 minutes. Stir half way through.
3. Put remaining margarine, oil and garlic in a bowl cover and cook for 2 minutes. Add the bread and herbs and stir well. Cook uncovered for 3-4 minutes.
4. Put half the turkey mixture in a deep dish, sprinkle with half the breadcrumbs, cover with remaining turkey mix and top with the rest of breadcrumbs.
5. Top with tomato slices and cook on FULL power for 4 minutes until piping hot.
6. Serve with green vegetables or a crunchy salad.

100gm margarine  
1 onion, chopped  
40gm plain flour  
300ml boiling water  
1 stock cube or stock powder  
300ml milk or soy  
200gm frozen mixed vegetables  
350gm cooked turkey, cubed  
200gm mushrooms, sliced  
Black pepper, to season  
2tbs oil  
1 garlic clove, crushed  
200gm fresh breadcrumbs  
1tbs dried mixed herbs  
1 tomato, sliced

