

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



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

