



## TURKEY AND PEPPER PITTAS

**Preparation: 10 mins**

**Cooking: 10 mins**

Serves 4, costs under £4.00

This recipe counts towards your 5 a day

### INGREDIENTS

- 1 Tablespoon Vegetable Oil (10g)
- Turkey Breasts (200g) (Small Pack)
- Chilli Flakes (1g) (Optional)
- 1 Red Pepper (160g)
- 1 Yellow Pepper (160g)
- 1 Avocado (145g) (Medium)
- Fresh Coriander (10g) (Handful)
- 2 Wholemeal Pitta Breads (150g)
- 3 Heaped tablespoons Half fat Creme Fraiche (90g)

### METHOD

1. Cut the turkey into strips, approximately 1cm thick.
2. Heat the oil in a wok or large frying pan and fry the turkey (and chilli flakes if using) for 5-6 minutes. Stir the turkey every now and then as it is cooking to ensure it browns evenly.
3. Wash the peppers, cut them in half and remove the seeds by placing skin side up and tapping gently. Cut into 1 cm strips.
4. If using spring onions; trim the tops and tails then remove the outer layer then slice.
5. Add the peppers and spring onions to the pan and fry until the turkey is cooked through but the peppers still have crunch.
6. Place the tip of a sharp knife into the avocado until it touches the stone, then gradually cut it in half keeping the knife against the stone. It should then pull apart and the stone can be removed. Using a dessert or table spoon remove the flesh by easing the spoon between the flesh and the skin. Once the flesh has been removed cut into slices.
7. Cut the pitta bread in half and then open each half to allow them to be filled. Wash the coriander and finely chop.
8. Divide the avocado and coriander between the pitta halves then spoon in the turkey mix. Top with creme fraiche.

#### BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

### NUTRITIONAL INFORMATION

Based on a single serving of 216g

**ENERGY**  
261 kcals  
1097 kJ

**FAT**  
14.7g

MED

**SATURATES**  
4.3g

MED

**SUGAR**  
5.4g

LOW

**SALT**  
0.2g

LOW

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

