

Warm Turkey & Pasta Salad

Serves 4

Per serving

416 kcals

12.7g fat

Ingredients:

3 tablespoons olive oil
450g fresh turkey stir fry strips
2-3 garlic cloves, peeled and crushed
1 green pepper, deseeded and chopped
1 tbsp chilli powder
1 tbsp grated orange rind
1 tbsp lemon rind
225g pasta shapes, such as tri-coloured twists (fusille), freshly cooked
100g cherry tomatoes, halved
4 tbsp orange juice
1 tbsp lemon juice
2 tbsp clear honey
salt and freshly ground black pepper to taste
salad leaves to serve.

Cooking instructions:

1. Heat the oil in a wok or large pan and stir fry the turkey and garlic for 3 minutes or until the turkey is sealed. Add the green pepper and chilli powder and continue to stir fry for a further 2 minutes.
2. Add the grated orange and lemon rind with the cooked pasta and the tomatoes with the fruit juices, honey and seasoning to taste. Continue to stir fry for 2/3 minutes or until the turkey is thoroughly cooked.
3. Serve on assorted salad leaves.

N.B. Cook the pasta in plenty lightly salted boiling water for 8-10 minutes or until 'al dente' or according to packet instructions.