

Turkey Tandoori Naan

ingredients

- 24 Green Gourmet Turkey Breast fillet 57g
- 4 tblsp tandoori spice powder
- 1 tblsp flour, plain white
- 6 tblsp vegetable oil
- 1 cup water
- 1 pot natural plain yoghurt
- 5 tblsp sweet chilli sauce
- 2 tblsp lemon juice
- 1 medium iceberg lettuce, shredded
- 24 small naan breads
- 24g fresh mint

cooking instructions

- ❖ Mix the tandoori powder with the plain flour.
- ❖ Coat the frozen turkey fillets with oil and then place them in a tin.
- ❖ Spread the spice mixture over the fillets, making sure both sides are covered.
- ❖ Place the uncovered tin into a pre-heated oven (180 °C/gas 5) for 18-20 minutes. Stir occasionally.
- ❖ Stir in the water; cover and return to the oven for 5-10 minutes letting the sauce simmer gently.
- ❖ Mix the yoghurt, sweet chilli sauce and lemon juice.
- ❖ Shred the lettuce and prepare the mint garnish.

assembly

- ❖ Warm up the naan breads in a microwave or low temperature oven.
- ❖ Slice open and third fill with the shredded lettuce.
- ❖ Place a turkey fillet on top and then add a spoonful of the tandoori sauce.
- ❖ Add a spoonful of the yogurt mix and garnish with a few leaves of mint.



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Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Turkey Breast Steak 57g	1368	g	5.18	7.08
tandoori spice powder	40	g	6.88	0.28
plain flour	20	g	0.30	0.01
vegetable oil	60	g	0.43	0.03
water	120	g	0.00	0.00
low fat plain yoghurt	150	g	0.79	0.12
sweet chilli sauce	72	g	6.27	0.45
lemon juice	32	g	1.92	0.06
iceberg lettuce	600	g	1.33	0.80
naan bread (from mix)	1440	g	0.62	0.89
fresh mint	24	g	27.60	0.66
Total	3926	g		10.38
Cooked portion size	150	g		
Number of portions	24			
Cost per portion	43	p		

Nutritional Profile

M fat

L saturates

L sugars

M salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	182.1	kcal
fat	5.4	g
saturated fatty acids	0.7	g
carbohydrates	22.9	g
NME (non-milk extrinsic) sugars	0.0	g
fibre/NSP (non-starch polysaccharides)	1.0	g
protein	12.0	g
iron	1.3	mg
calcium	94.1	mg
vitamin A (retinol equivalents)	69.8	µg
folate	19.9	µg
vitamin C	1.2	mg
sodium	434.6	mg
zinc	0.7	mg



Additional Nutritional Information

This hand-held recipe is suitable throughout the school day.

It is a good source of iron, calcium, vitamin A, folate and a useful source of zinc.

Allergen information:

Naan bread contains wheat, and yoghurt contains milk, both potential allergens.

Please check labels of ingredients for other possible allergens.

Serving suggestions:

A tomato with this snack will help boost the iron uptake as well as contributing towards one portion of vegetables.