

# Turkey Tikka Masala Naan

## ingredients

24 Green Gourmet Turkey Breast Fillets 57g

480g Sharwood's Tikka Masala sauce (lighter range)

4 tblsp Sharwood's Mango Chutney

4 tblsp low fat natural yoghurt

24 naan breads

## cooking instructions

- ❖ Place the frozen turkey fillets into a baking tin.
- ❖ Stir in the tikka masala sauce, followed by the mango chutney.
- ❖ Cover, and place into a pre-heated oven (180 °C/gas 5) for 40 minutes. Stir occasionally.
- ❖ Make sure the sauce is simmering gently and the turkey is piping hot before serving.
- ❖ Stir in the natural yoghurt.



## assembly

- ❖ Cut open the naan breads and lay out in a tin.
- ❖ Cover with a damp towel and place into a low temperature oven to warm.
- ❖ Remove the naans from the oven and insert a turkey fillet, followed by a spoonful of the sauce.

# Turkey Tikka Masala Naan

## Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Turkey Breast Steak 57g	1368	g	5.18	7.08
Sharwood's Tikka Masala sauce	480	g	2.31	1.11*
Sharwood's Mango Chutney	80	g	3.28	0.26
natural low fat yoghurt	80	g	0.78	0.06
naan bread	1440	g	2.56	3.68
<b>Total</b>	<b>3448</b>	<b>g</b>		<b>12.20</b>
<b>Cooked portion size</b>	<b>135</b>			
<b>Number of portions</b>	<b>24</b>	<b>g</b>		
<b>Cost per portion</b>	<b>51</b>	<b>p</b>		

## Nutritional Profile

<b>M</b>	fat
<b>L</b>	saturates
<b>L</b>	sugars
<b>M</b>	salt

## Cooked analysis: Nutrients

	analysis per 100g	
energy	189.9	kcal
fat	4.5	g
saturated fatty acids	0.9	g
carbohydrates	26.0	g
NME (non-milk extrinsic) sugars	2.9	g
fibre/NSP (non-starch polysaccharides)	1.6	g
protein	13.0	g
iron	1.1	mg
calcium	92.7	mg
vitamin A (retinol equivalents)	43.6	µg
folate	10.9	µg
vitamin C	0.2	mg
sodium	488.1	mg
zinc	0.7	mg

\* Please note that these are list prices, exclusive of distributor on cost. Contact your RHM representative for further details

## Additional Nutritional Information

A simple, high protein break time snack which also provides a useful amount of calcium, iron and 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:

By adding salad ingredients, this hand-held item could be included in a lunch time meal deal along with orange juice and a piece of fruit.

