



TURKEY WITH TABBOULEH & TAHINI DRESSING

SERVES: 4

TOTAL TIME: 35 MINUTES

GF

INGREDIENTS

200g **quinoa**

½ **cucumber**, cut into 1cm chunks

175g **cherry tomato**, halved

3 **spring onions**, finely sliced

Handful **parsley**, roughly chopped

Handful **coriander**, roughly chopped

1 tbsp **olive oil**, plus 1 tsp

1 **lemon**, juiced

4 **turkey steaks**

For the tahini dressing

1½ tbsp (gluten free) **tahini paste**

1½ tbsp **low-fat yogurt**

½ **lemon**, juiced

½ **garlic clove**, crushed

½ tsp clear **honey**

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 407 | PROTEIN | 46 |
| CARBS | 31 | FATS | 11 |
| FIBRE | 1 | | |

INSTRUCTIONS

Firstly, tip the quinoa into a saucepan and pour over 600ml water. Cover with a lid and bring to the boil. Once boiling, turn down and simmer until the water has evaporated, about 20 minutes. Take off the lid and leave to cool while you prepare the turkey and salad.

Tip the cucumber, tomatoes, spring onions and herbs into a large mixing bowl. Pour over 1 tbsp olive oil and lemon juice, season well and mix everything together.

Heat a griddle pan and, when smoking hot, rub the turkey steaks with 1 tsp olive oil. Cook for about 5 minutes on each side, depending on thickness.

Meanwhile, stir together all the dressing ingredients along with 3 tbsp water.

Toss the quinoa together with the salad and arrange on 4 plates.

Cut the turkey into thick slices, pile on top of the quinoa and drizzle over the dressing.