

Turkey's terrific for paella / Health Education Authority.

Contributors

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TURKEY'S

t e r r i f i c

FOR PAELLA

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A Health Education
Authority Campaign



Paella, with its rice and lean meat, is a popular Mediterranean dish. Full of flavour, it is high in starch and fibre. As part of a healthy diet, turkey is the perfect meat as it is low in fat when the skin is removed.

Simply take

500g (1lb) lean cubed skinless
British turkey breast (uncooked)
1 tbsp sunflower oil
1 onion chopped
2 cloves garlic, crushed
1 large red pepper, cored and chopped
1 400g (14oz) can chopped tomatoes
2 tbsp paprika
175g (6oz) easy-cook brown rice
900ml stock or water
125g (4oz) frozen peas

1. Heat a large non-stick frying pan until quite hot and brown turkey by dry frying for 5 minutes. Remove and set aside.
2. Add the oil, 2 tbsp water, onion, garlic and chopped pepper to pan and cook on a medium heat until softened, about 5 minutes.
3. Add tomatoes, paprika and rice. Stir well then pour in stock or water and season.
4. Bring to the boil, reduce to a simmer, cover and cook for 20 minutes.
5. Uncover, stir in browned turkey and peas. Cook uncovered for 5 minutes, stirring occasionally. The Paella should be slightly moist and creamy.

Serve immediately with a crispy green salad and warm crusty French bread. Serves four.

There are lots of delicious alternatives for this recipe:

- Use fresh or frozen turkey breast meat, or turkey casserole meat.
- Squeeze fresh lemon juice over the paella just before serving.
- Serve garnished with fresh parsley.

TURKEY- EVERYONE'S FAVOURITE



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