

ASDA quick'n'easy meal ideas : Turkey steaks in chunky tomato sauce, cappuccino special / ASDA.

Contributors

ASDA (Firm)

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ASDA

Quick'n'Easy
Meal Ideas

Turkey Steaks
in chunky tomato sauce

Cappuccino Special

THE
Sun

4 portions
for under

£2.50

4 portions
for under

£4



Serving Suggestion

see over for recipe details

Turkey Steaks

in chunky tomato sauce

THE Sun

ASDA
Quick'n'Easy
Meal Ideas

Serves 4

Cooking Time: 17 minutes

INGREDIENTS

2 x 15ml sp (2 tbsp) ASDA Sunflower Oil
4 ASDA Turkey Breast Steaks (approx 175g/6oz each)
1 Onion, sliced
2 x 5ml sp (2 tsp) ASDA Garlic Purée
50g (2oz) Mushrooms, sliced
1 x 400g can Chopped Tomatoes
1 1/2 x 5ml sp (1 1/2 tsp) dried ASDA Mixed Herbs
1/2 x 5ml sp (1/2 tsp) Sugar
Salt and Freshly Ground Black Pepper

METHOD

1. Heat oil in a large frying pan and brown both sides of the turkey breast steaks. Remove and keep warm.
2. Fry the onions, garlic and mushrooms in the remaining oil in pan for 3 minutes.
3. Stir in tomatoes, herbs, sugar and season to taste. Bring to the boil, place turkey breast steaks back in sauce. Reduce heat and simmer gently for 12 minutes, turning turkey once until turkey is thoroughly cooked.

Serve with cauliflower and broccoli florets and a jacket potato.



CALORIES

Approx. 125 per serving (excluding veg)

HEALTHIER CHOICE

Halve the quantity of oil and omit the sugar.

WINE SUGGESTION

An ideal wine to accompany this meal is ASDA Côtes du Roussillon.

4 portions
for under

£4

Cappuccino Special

Serves 4

INGREDIENTS

1 ASDA Chocolate Swiss Roll
2 x 15ml sp (2 tbsp) ASDA Rich Roast Coffee Granules
1 x 15ml sp (1 tbsp) Sugar
2 x 15ml sp (2 tbsp) ASDA Brandy (optional)
1 x 254ml carton ASDA Whipping Cream
50g ASDA Milk Chocolate, grated

METHOD

1. Cut 4 thick slices from the Swiss roll and place into 4 dishes.
 2. Dissolve the coffee and sugar in 4 x 15ml sp (4 tbsp) hot water and allow to cool. (Stir in the brandy, optional).
 3. Divide the coffee mixture between the 4 dishes and allow to soak into the Swiss roll.
 4. Whip the cream until it forms soft peaks and spoon on top.
 5. Grate the chocolate and sprinkle over the cream.
- Serve.

CALORIES

Approx. 616 per serving including Brandy
Approx. 549 per serving excluding Brandy

HEALTHIER CHOICE

To reduce the fat and calorie content replace whipping cream with very low fat fromage frais.

4 portions
for under

£2.50*

Use either metric or imperial measures throughout. Both work well but are not exactly the same.

* Excluding Brandy

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