

Turkey, Leek and Chestnut Fricassee

By VICTORIA SUMMERSGILL from Bath Spa University



CALORIES:

57

Kcal / 100.0

21.7% Carbs

43.7% Protein

34.7% Fat

EU Label values per 100.0

Serves 8

	PER 100.0	%RI	PER 625 SERVING	%RI
Energy(Kj)	252 kJ	3%	1572 kJ	19%
Energy(Kcal)	60 kcal	3%	375 kcal	19%
Fat	2.2 g	3%	14 g	20%
of which saturates	0.8 g	4%	5.2 g	26%
Carbohydrate	3.1 g	1%	19 g	7%
of which sugars	1.2 g	1%	7.8 g	9%
Fibre	1.2 g	5%	7.6 g	30%
Protein	6.3 g	13%	39 g	78%
Salt	0.36 g	6%	2.3 g	38%

CONTAINS:

WHEAT

EGGS

MILK

MAY CONTAIN:

PEANUTS

TREE NUTS

Energy	Lipid Components	Vitamins
Energy(Kcal) 3% RI	Saturated Fat 4% RI	Vitamin A (ret eq) 5% RI
Energy(Kj) 3% RI	Monounsaturated fat 2% RI	Retinol
Macronutrients	cis-Mono	Carotene
Carbohydrate 1% RI	Polyunsaturated fat 2% RI	Vitamin D 1% RI
Protein 13% RI	Omega3(n-3) 1% RI	Vitamin E 6% RI
Fat 3% RI	Omega6(n-6) 1% RI	Vitamin K 1 6% RI
Water	cis-Poly	Thiamin (B1) 13% RI
Water from Drinks	Trans-fatty acids	Riboflavin (B2) 5% RI
Alcohol	Cholesterol	Niacin total (B3) 20% RI
Carbohydrate	Minerals & trace elements	Niacin
Starch	Sodium 6% RI	Tryptophan
Oligosaccharide	Potassium 9% RI	Pantothenic Acid (B5) 4% RI
Fibre 5% RI	Chloride 8% RI	Vitamin B 6 20% RI
NSP	Calcium 2% RI	Folates (B9) Total 13% RI
Sugars 1% RI	Phosphorus 9% RI	Vitamin B 12 7% RI
Glucose	Magnesium 2% RI	Biotin (B7) 2% RI
Galactose	Iron 5% RI	Vitamin C 9% RI
Fructose	Zinc 5% RI	Other
Sucrose	Copper 2% RI	GI (estimated)
Maltose	Manganese 5% RI	GL
Lactose	Selenium 6% RI	
	Iodine 1% RI	

Recipe Ingredients ...	Quantity:	Description:	Cost:
Turkey, meat, average, roasted	800		0.00
Leeks, raw	2000		0.00
Oil, olive	7.2	(auto-calculated)	0.00
Garlic, raw	12	4x Average Portion	0.00
Cooked Chestnuts	180		0.00
Bacon rashers, streaky, raw	80	4x average	0.00
Creme fraiche, full fat	72	2x tablespoon	0.00
Stock cubes, chicken, made up with water	946	3.8x prepared cube	0.00
Flour, wheat, white, plain, soft	40	2x tablespoon	0.00
Thyme, fresh	32	8x Average Portion	0.00

TOTAL COST: **0.00** RRP : **0.00**

Portions / Pack Sizes:

	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	625	359	0.00	

Ingredient List (QUID) ...

Leeks (40%), Chicken stock cubes (18.9%) (**Wheat, Eggs, Milk**), Turkey (16%), Cooked Chestnuts (3.6%), Bacon (1.6%), Creme fraiche (1.4%) (**Milk**), Flour (0.8%) (**Wheat**), Thyme (0.64%), Garlic (0.24%), Olive Oil (0.14%)
For allergens, see items in bold. (May also contain traces of Peanuts, Tree nuts)

Cooking Instructions & Notes

1. Preheat oven to 190°C/375°F/gas 5
2. Fry the bacon and herbs in the olive oil then add the prepared chopped leeks. Turn down the heat and cook until soft.
3. When the leeks are softened, add the turkey meat and chopped chestnuts to them and stir
4. Add the four, mix it in well then pour in the stock and stir again. Add the crème fraiche then turn the heat up and bring everything back up to the boil.
5. Season and either serve with rice, mashed potato or pastry lid.