

TURKEY, LEEK AND CHESTNUT FRICASSÉE

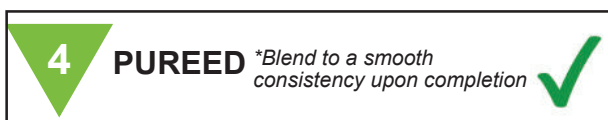


Turkey, Leek and Chestnut Fricassee in collaboration with



This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK



NUTRITION

375Kcal

Per Serving

CONTAINS



WHEAT



EGGS



MILK

MAY CONTAIN



PEANUTS



TREE NUTS

This recipe serves 8

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (625g)
Energy	252kJ/60kcal	1572kJ/375kcal
Fat	2.2g	14g
of which saturates	0.8g	5.2g
of which monounsaturates	0.7g	4.2g
of which polyunsaturates	0.4g	2.4g
Carbohydrate	3.1g	19g
of which sugars	1.2g	7.8g
of which polyols	g	g
of which starch	1.6g	10g
Protein	6.3g	39g
Salt	0.36g	2.3g
Niacin total (B ₃)	9mg (56%)	9mg
Vitamin B ₆	0.28mg (20%)	1.8mg

TURKEY, LEEK AND CHESTNUT FRICASSÉE

High in protein and source of Niacin B6.

Turkey, leeks and chestnuts provide lean protein, fibre, vitamins and minerals. Together they support muscle repair, digestion, immunity and sustained energy.



INGREDIENTS

■ 800g cooked turkey meat ■ 2kg leeks, washed and chopped ■ olive oil ■ garlic, crushed	■ packet of cooked chestnuts, chopped (approx 12) ■ salt and freshly milled black pepper ■ 4 rashers smoked streaky bacon	■ 2tbsp crème fraîche ■ 2 pints chicken stock ■ fresh thyme ■ 2tbsp plain flour
---	---	---

METHOD

- 1** Preheat oven to 190°C.
- 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 flour, mix it in well then pour in the stock and stir again. Add the crème fraîche then turn the heat up and bring everything back up to the boil.
- 5** After cooking season to taste and prepare dish to the required IDDSI level. Serve with rice or add a pastry lid (level 7) and mashed potato (level 4).