



Turkey Skewers with Mango Avocado Salsa

Serves 4 | 441 calories per serve

INGREDIENTS:

- 640g turkey breast cut into strips or tenderloin strips
- 1 tablespoon extra virgin olive oil
- 2-3 teaspoons Mexican spice mix

SALSA:

- 1 mango, diced
- ½ red onion, finely chopped
- 1 red capsicum, deseeded and diced
- 1 avocado, peeled and diced
- 1 tablespoon extra virgin olive oil
- 2 tablespoons lime juice
- 1 tablespoon white wine vinegar

METHOD:

1. Combine the turkey strips with the olive oil and Mexican spice mix. If you have time let this marinade for 1 hour or more.
2. Thread the strips onto skewers.
3. Heat a barbeque or char grill pan and cook the skewers for 2 minutes on each side or until cooked through.
4. Meanwhile, for the salsa combine the mango, onion, capsicum and avocado in a bowl.
5. Mix together the oil, lime juice and vinegar.
6. Season and pour over the salsa.
7. Serve with the turkey skewers.

NUTRITIONAL INFORMATION

(per serve*)

Calories:	441 cal
Kilojoules:	1844kJ
Protein:	36.9g
Fat Total:	28.2g
Fat Saturated:	5.7g
Cholesterol:	72mg
Carbohydrates:	8.5g
Dietary Fibre:	2.1g
Sodium:	388mg

*This recipe has 4 serves.