



Spicy Crispy Turkey with Garlic & Parsley Mayo

Serves -	4
Energy -	553Kcals
Protein -	28.3g
Fat -	29.3g
Sat Fat -	4.2g
Carbs -	46.9g
Sugars -	0.6g
Salt -	1.5g
Fibre -	0.3g
Prep-	15 mins
Cooking-	10 mins



Ingredients:

- 450g thin cut British turkey breast
- 1 tbsp Asian fish sauce
- 2 pinches ground pepper
- 1 pinch dried chilli
- 150g cornflour or arrowroot
- Vegetable oil, for deep frying

For the mayo

- 6 tbsp mayonnaise
- 2 cloves garlic, crushed
- 4 tbsp chopped flat parsley
- Pepper

Method:

Place the turkey breast onto a large piece of cling film and wet with a little water (this will help the meat to spread more thinly when pressed). Cover with a second piece of film. Using a rolling pin, gently flatten the turkey carefully until it's about 2mm thick, so you almost see through the meat. Carefully remove the top sheet of cling film and lift the meat off the bottom sheet of cling film – don't worry if it tears. Place the turkey on a chopping board and finely slice or shred the meat.

Place the fish sauce, pepper and chilli into a bowl and mix well. Add the turkey and coat well. Add the cornflour (or arrowroot) and coat the spiced meat really well.

Heat the vegetable oil in a deep fat fryer to 185°C.

Place the meat into a small sieve and dust off the excess flour. Fry in small batches for 1-2 minutes. Place on kitchen paper to soak up any excess oil and sprinkle with a little salt.

Mix all the ingredients for the flavoured mayo together and serve with the hot turkey.