

SPICY TURKEY, PINEAPPLE & RED ONION TACOS

INGREDIENTS

220G CANNED PINEAPPLE	1 RED ONION
1 LITTLE GEM	2 GARLIC CLOVES
2TSP SMOKED PAPRIKA	HANDFUL CORIANDER
1TSP DRIED CHILLI FLAKES	15ML RED WINE VINEGAR
250G TURKEY BREAST MINCE	50ML MAYONNAISE
15ML SOY SAUCE	4 PLAIN TORTILLAS

HOW TO MAKE

- PEEL THE RED ONION AND SLICE 3 RINGS OFF AS FINELY AS YOU CAN, AND DICE THE REMAINING RED ONION
- ADD THE RED ONION RINGS AND RED WINE VINEGAR TO A SHALLOW BOWL AND SET ASIDE TO PICKLE UNTIL SERVING - THESE ARE YOUR QUICK PICKLED RED ONION RINGS
- HEAT A LARGE WIDE BASED PAN, WITH A DRIZZLE OF OIL, OVER A MEDIUM HEAT. ONCE HOT ADD THE DICED RED ONION, WITH A PINCH OF SALT AND COOK FOR 8-10 MINUTES UNTIL SOFTENED.
- CHOP THE CORIANDER AS FINELY AS YOU CAN, INCLUDING THE STALKS. COMBINE THE MAYO WITH 2TSP OF COLD WATER AND THE CHOPPED CORIANDER - THIS IS YOUR HERBY MAYO
- PEEL AND FINELY CHOP (OR GRATE) THE GARLIC. ONCE THE ONION HAS SOFTENED ADD THE TURKEY MINCE TO THE PAN, BREAKING IT UP WITH A WOODEN SPOON AS YOU GO. ADD THE PAPRIKA AND SOY SAUCE, COOK FOR A FURTHER 10-12 MINS UNTIL THE TURKEY MINCE IS COOKED (NO PINK MEAT) IT MAY GO A BIT CRISPY - THIS IS YOUR SMOKY MINCE
- WASH THE LITTLE GEMS AND SHRED.
- DRAIN AND FINEULY DICE THE PINEAPPLE
- COMBINE THE LITTLE GEM AND PINEAPPLE IN A BOWL WITH CHILLI FLAKES AND A GOOD GRIND OF BLACK PEPPER - THIS IS YOUR PINEAPPLE SALSA
- WARM THE TORTILLAS ON A PLATE IN THE MICROWAVE FOR 1 MIN
- DRAIN THE PICKLED RED ONION
- TOP YOUR WARMED TORTILLA WITH A DOLLOP OF HERBY MAYO, SPOON OVER THE MINCE, TOP WITH PINEAPPLE SALSA AND GARNISH WITH PICKLED ONION

SERVINGS 2

NUTRITIONAL INFO

CALORIES 606 KCAL | FAT 26G | CARBS 59G | PROTEIN 35G

enjoy