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Dinner

Piri piri turkey & green pepper skewers with a tomato salad

Serves 4

Calories 107, Carbohydrates 7g
Protein 18g, Fibre 3g, Salt 0.3g

For the skewers

240 g (8½ oz) turkey breast, cut into
2.5-cm (1-in) pieces

2 green peppers, de-seeded and cut
into 2.5-cm (1-in) chunks

2 cloves garlic, crushed

2 tsp sweet, smoked paprika

1 lemon, juice

2 tsp Worcester sauce

1 tsp thyme, leaves only, roughly
chopped

black pepper

These Portuguese-spiced skewers are a great alternative to ordinary piri piri chicken.

Once complete, transfer them to a grill pan. Grill for 10–12 minutes, turning halfway through the cooking time, until the turkey is cooked through.

METHOD

Preheat the grill to high. Soak 8 wooden skewers in hot water and set aside for 10 minutes.

Place the turkey and peppers in a bowl and scatter over the garlic, paprika, lemon juice, Worcester sauce and thyme leaves. Season with pepper and stir everything until completely covered in sauce.

Divide the turkey and peppers between the skewers, carefully sliding them on.

For the salad
320 g (11 oz) cherry tomatoes, halved
½ lemon, juice
160 g (5½ oz) rocket leaves
basil leaves, bunch

Meanwhile combine the salad ingredients and transfer to a salad bowl for serving.

Serve 2 skewers per person, accompanied by a generous helping of tomato salad.

TIPS & VARIATIONS

You can marinate the turkey in the piri piri sauce the day before you need it to give it a really intense flavour. For a vegetarian alternative use 230 g (8 oz) Quorn fillet cut into large chunks (2 servings of protein).

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