



**Tip: Nuts are an excellent source of healthy fats and fibre.**

## Turkey breast roast with watermelon, strawberry and pistachio salad

Preparation time: 35 minutes  
 Cooking time: 2 hours  
 Serves: 6

### Ingredients

1kg Ingham Ready to Roast Turkey Breast	White pepper, to season
2 x 250g punnets strawberries, hulled	1kg seedless watermelon, rind removed
2 tablespoons red wine vinegar	½ cup pistachio kernels, roughly chopped
2 teaspoons Dijon mustard	1 bunch watercress, sprigs removed

### Method

1. Cook turkey as per packet instructions. Roughly chop one punnet of strawberries and place into a food processor with 1 tablespoon water. Process until a puree forms.

- Transfer to a fine sieve over a bowl. Combine ½ cup strawberry juice, vinegar and mustard in a jug. Whisk until well combined. Season with white pepper.
2. Halve or slice remaining punnet of strawberries and place into a bowl. Cut watermelon into 2cm cubes and add to strawberries with pistachios and watercress. Toss until well combined.
  3. Serve salad in bowl or on a large platter with slices of turkey and strawberry dressing.

Recipe provided courtesy of Inghams.

Serves 6 - per serve:

Nutrition information	Per serve
Energy 15%	1327kj
Fat	11g
Saturated fat	2g
Carbohydrate	12g
Fibre	5g
Sodium	443mg

Healthy & Heartwise gold star recipe