



Marinated turkey on skewers

From Phase 3

Serves 4

Ingredients:

- 500 g (1 lb 1 oz) turkey breast meat, cubed
- 200 g (7 oz) snow peas, topped and tailed
- 4 tablespoons olive oil
- 2 lemons
- 2 cloves garlic
- 2 sprigs of thyme
- 2 bay leaves
- 1 shallot

Preparation:

In a bowl, mix olive oil, crumbled thyme and bay leaf, and chopped shallot.

Add the juice of the 2 lemons and a strip of lemon zest.

Marinate the turkey meat in this mixture for at least 2 hours, covered.

Wash and drain the snow peas.

Wrap a snow pea around each cube of turkey and thread onto a skewer.

Repeat with remaining ingredients. Add salt and pepper.

Grill in a hot pan on all sides, or under the oven grill.

Serve hot.

