

# TASTY TURKEY TOPPER

SERVES 2

## Tasty Turkey Topper

A dead-easy recipe that contains foods from the important 'balanced plate' groups all in one dish, so it saves on the washing up!

### What you need:

- > 2 turkey steaks cut into thin strips or cubes
- > 1 onion, chopped
- > 1 small bag mixed frozen vegetables - anything you like
- > 1 tin condensed mushroom soup
- > 1 tsp dried mixed herbs (optional)
- > lots of mashed potato to go on top! (allow 2 medium-sized potatoes for each person)

### What to do:

1. Peel and boil the potatoes and mash them with a little semi-skimmed milk and pepper.
2. Heat a little oil in a pan, and gently fry the turkey and onion for at least 8 minutes or when the turkey has been sealed on all sides
3. Add the tin of soup and all of the vegetables and herbs. Allow to simmer for another 10 minutes. You may want to add a little water if it gets too thick. Remember that there is no need to add any salt as the soup contains a lot of salt already.
4. Pour the turkey mixture into a big pie dish or roasting tin and pile the mashed potato on top. Put in the oven at about 200°C/Gas mark 6 for about 10 minutes or when the potato begins to brown.



Hot Tip  
No.3

watch out for special offers such as buy one get one free - supermarkets tend to change these on a regular basis to keep their customers.

