



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# TURKEY ITALIAN SAUSAGE

Time: 10 minutes

Serves: 10

### Ingredients:

150g water  
20g salt  
25g Spanish paprika  
20g ground fennel  
15g chilli flakes (optional)  
10g fresh ground black pepper  
1.8kg lean ground turkey

### Preparation:

Place all ingredients in a bowl and mix to combine equally. A stand mixer can be used on medium speed for two minutes to create a better sausage texture.

### Nutritional Information Per Serving:

Calories: 270	<b>Hand-Size Portion Guide</b>
Fat: 15g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 34g	Thumbs of fat: 0