

TURKEY LOAF

Time: 75 minutes

Serves: 6

Ingredients:

900g extra-lean ground turkey
150g onion - diced
100g plain breadcrumbs
40g ketchup
10g salt
1 egg
3 cloves garlic - finely chopped or grated
1g dried basil
1g dried thyme
1g fresh-ground black pepper

Preparation:

Preheat your oven to 175C.

Place all ingredients in a large bowl and mix by hand to combine equally.

Place mixture in a greased loaf pan and bake for 60 minutes or until internal temperature reaches 74C.

Remove from heat and serve immediately or cool and refrigerate.

Nutritional Information Per Serving:

Calories: =316 Fat: 5g Carbs: 16g Fibre: 0.5g Protein: 51g	Hand-Size Portion Guide Palms of Protein: 2 Fists of Vegetables: 0 Cupped Hands of Carbs: 0 Thumbs of fat: 0
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