

# TURKEY BREAST & BLUEBERRIES

**Time: 60 minutes**

**Serves: 4**

## **Ingredients:**

30g lard or butter  
1kg boneless-skinless turkey breast  
12g salt  
300g fresh blueberries  
75g aged balsamic vinegar  
50g honey  
Chopped basil to garnish (optional)

## **Preparation:**

Preheat your oven to 175C.

Place an oven-safe pan on medium heat. Add the lard or butter.

Sprinkle the salt evenly on both sides of the turkey breast.

Place the turkey in the pan and cook for two minutes per side. Remove the turkey from the pan and set it aside.

Pour the blueberries into the pan and cook, stirring occasionally for two minutes.

Stir in the balsamic and honey.

Mash the blueberries slightly, then add the turkey back to the pan, spooning the blueberry sauce over top.

Place the pan in the oven and roast the turkey until the internal temperature reaches 71C (approximately thirty minutes).

Remove from heat, and let rest for five minutes before serving, garnished with the basil.

## **Nutritional Information Per Serving:**

Calories: 504	<b>Hand-Size Portion Guide</b> Palms of Protein: 3 Fists of Vegetables: 0 Cupped Hands of Carbs: 1 Thumbs of fat: 0
Fat: 11.9g	
Carbs: 20.8g	
Fibre: 1.8g	
Protein: 76g	