

# SOUS VIDE TURKEY BREAST

**Time: 130 minutes**

**Serves: 4**

## Ingredients:

1kg bone-in turkey breast  
10g salt  
4g Herbes de Provence

## Preparation:

Sprinkle the salt and herbs evenly on all sides of the turkey.

Vacuum seal and cook in a water bath at 71C for two hours.

Remove the turkey from the bag and place skin-side up under a broiler until browned.

Serve immediately.

## Nutritional Information Per Serving:

Calories: 417	<b>Hand-Size Portion Guide</b>
Fat: 16.8g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 62.1g	Thumbs of fat: 0