

STUFFED TURKEY LEGS WITH TANGERINES AND PRUNES



Low fat diet



Second Course



Consumer Eroski

Kcal Hypercaloric

This recipe is originally from Consumer EROSKI and was adapted by Hospital San Joan de Déu



INGREDIENTS

RECIPE FOR 4 PEOPLE

- 800g turkey meat (legs)
- 1 onion
- 100g seedless prunes
- 80g wild asparagus
- 4 tangerines
- 100ml white wine
- 500ml chicken stock
- 10g cornflour
- 60ml MCT oil
- Salt and pepper

METHOD

- Open up the turkey legs, debone them and open them up halfway to be able to stuff them.
- Fill them with the prunes previously rehydrated with water, the wild asparagus, peeled and the tangerine segments, all lightly salted.
- Tie the legs using a cord or mesh for roasting.
- Slice the onion finely and fry and then add the turkey legs and fry until golden.
- Pour on a little white wine, cover the pan, lower the meat to medium and leave it to cook for one hour. If necessary, add some chicken stock to prevent the meat from drying out or burning.
- Once the turkey legs are done, remove them from the pan. In the same pan, heat the chicken stock and the juice of the tangerines, with the cornstarch dissolved in it.
- Turn up the heat and wait for the sauce to thicken and then strain and season with salt and pepper.
- Slice the legs in thick cuts so you can see the stuffing with the asparagus, prunes and tangerines.
- Arrange the slices on the plate with the sauce on the side. Accompany the dish with some tangerine segments that have been sautéed in a frying pan with MCT oil and also a few prunes.

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 43.2 g (Kcal 32%)
- Lipids total (g): 24.4 g (Kcal 40 %)
- Carbohydrates (g) 36.88 g (Kcal 27 %)
- Energy (Kcal): 530
- Polyunsaturates (g): 1.6



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