

TURKEY SUCCOTASH

Cooking time:

60 minutes

WHAT YOU NEED:

- 1 large pan with fitting lid
- 1 ladle
- 1 cloth

INGREDIENTS

- 2 tablespoons or 30ml vegetable oil
- 1 large onion (approx. 250g) peeled and diced
- 2 small or 1 large carrot (approx. 150g) peeled and diced
- 4 cloves garlic peeled and sliced
- 500g-600g turkey breast diced into 1.5 cm-2cm chunks
- 1 chicken stock cube dissolved in $\frac{3}{4}$ of a pint of hot water
- $\frac{1}{2}$ teaspoon or 2.5ml dried thyme
- 1 teaspoon seasalt
- 8 good twists of black pepper
- 1 x 420g tin of white beans such as haricot or cannellini, drained and rinsed
- 1 x 250ml tin of sweetcorn drained
- 250ml double cream

To serve - 250-300g of broccoli florets, blanched for 3 minutes

METHOD

Preheat the oven to 180°C, you will require a large pan with a tight fitting lid.

Warm the pan over a medium heat and add the oil, onion and carrot. Cook gently, stirring occasionally until beginning to soften (approx. 5-7 mins).

Add the garlic and turkey and cook for a further 3-4 minutes or until the turkey has changed colour.

Add the dilute stock, thyme, pepper and half the salt, bring to a simmer, cover with the lid and place in the oven.

After 35 minutes remove the pan from the oven and, being careful to use an oven cloth, lift of the lid. The turkey should now be tender but if not return to the oven for a further 10 minutes.

Once the meat is tender add the beans, sweetcorn and cream, stir and bring to a simmer on the stove top. Check the seasoning and add the remaining salt if necessary.

