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TURKEY & PEPPER STROGANOFF

A creamy tasting dish that is still low in fat and calories.

Serves 4

Per serving: 280 calories, 3.4g fat
(excluding rice or salad)

Prep time: 30 mins

Cook time: 15 mins

This dish is not suitable for freezing

INGREDIENTS

450g lean cooked turkey flesh, cut into strips
1 medium onion, chopped
1 red pepper, seeded and diced
2 garlic cloves, crushed
300ml chicken stock or use a stock pot
1 tbsp plain flour
150ml Madeira (or Marsala) wine
225g small chestnut mushrooms, sliced
2 tsp Dijon mustard
300ml fat free thick live yogurt
2 tbsp chopped fresh parsley
freshly ground black pepper
pinch of paprika to dust
4 lemon wedges to garnish (optional)

METHOD

1. Preheat a non-stick frying pan or wok. Spray with a little rapeseed oil to coat the pan and add the cooked turkey and the onion. Dry-fry for 2–3 minutes until the onion starts to soften.
2. Add the red pepper and garlic and cook for a further minute.
3. Add 2–3 tbsp of the stock and sprinkle the flour over. Mix well with a wooden spoon and 'cook out' the flour for 1 minute.
4. Add the remaining stock and the Madeira wine, stirring continuously. Add the mushrooms, stir in the mustard and cook for a further 2–3 minutes.
5. Remove the pan from the heat completely and stir in the live yogurt and parsley.
6. Check the seasoning, dust with paprika and garnish with lemon wedges and serve immediately with boiled basmati rice or a salad.

