

One-pan turkey bake



★★★★★

0:10 Prep • 0:20 Cook • 4 Servings • Capable cooks

Throw together an effortless family meal with this one-pan turkey bake topped with a golden herb and breadcrumb crust.

YOUR LOCAL PRICING

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coles

\$24^{kg}



Gluten Free Stuffed Turkey Breast
\$24.00 per 1kg

\$1⁵⁰_{ea}



Brown Onions
Prepacked 1kg
\$1.50 per 1kg
Special available from
17/07/19 to 23/07/19

Prices available at displayed Coles store, may not be available at other stores or coles.com.au. Specials commence at 7am on start date, but may start before or extend beyond displayed dates. While stocks last. We reserve the right to limit sale quantities. Multi save price only available when purchased in the multiples specified.

Prices accurate as at: 17/07/2019

INGREDIENTS

- ☐ 2 tablespoons olive oil
- ☐ 500g sliced turkey breast or chicken breast fillets
- ☐ 1 small brown onion, finely chopped
- ☐ 2 garlic cloves, crushed
- ☐ 1 1/2 cups (390ml) tomato passata
- ☐ 1/2 cup basil, finely shredded
- ☐ 1 cup (70g) coarse sourdough breadcrumbs (made from day-old bread)
- ☐ 1/3 cup (25g) parmesan, finely grated
- ☐ 1 teaspoon lemon rind, finely grated

METHOD

- Step 1** Heat the oil in a ovenproof frying pan over medium-high heat. Add the turkey or chicken and cook for 2-3 mins each side or until just cooked through. Transfer to a plate.
- Step 2** Add the onion and garlic to the pan and cook, stirring, for 3-4 mins or until softened. Add the passata and 1/3 cup (80ml) water. Bring to the boil. Reduce heat to low and simmer for 3 mins. Add half the basil and simmer for 2 mins. Season. Return turkey or chicken to pan and push down to partially submerge in sauce. Remove from heat.
- Step 3** Preheat grill on medium-high. Combine the breadcrumbs, parmesan, lemon rind and remaining basil in a bowl. Sprinkle the mixture over the pan. Cook under grill for 3-4 mins or until breadcrumbs are golden.

NUTRITION

1528 kJ
ENERGY

17g
FAT TOTAL

4g
SATURATED FAT

4g
FIBRE

33g
PROTEIN

682mg
SODIUM

8g
CARBS (SUGAR)

17g
CARBS (TOTAL)

All nutrition values are per serve

NOTES

Serve with extra finely grated lemon rind, basil leaves and mixed salad leaves.

COMMENTS & RATINGS



garb67

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