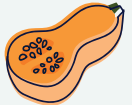




♥Turkey Time Lunch♥

The perfect turkey roast meal to enjoy with the whole family!



Time: 30mins

Level: Easy

Serves: 1

Ingredients:

- ♥ 125mL of Compleat® paediatric
- ♥ 30g cooked turkey breast (no skin)
- ♥ 65g butternut squash (diced and baked)
- ♥ 75g red pepper (cooked and chopped)
- ♥ 2tsp fresh rosemary, finally chopped (optional)
- ♥ 2tsp olive oil

Nutritional Content Per Serving:

233kcal, 16.2g protein, 7g fat, 25.5g carbohydrate, 2.7mg iron, 182mg calcium

Allergens: milk (milk protein), fish (fish oil)







Compleat®
paediatric

Instructions

- 1 Remove the skin from the cooked turkey.
- 2 De-seed and finely chop the pepper.
- 3 Peel the butternut squash, de-seed and chop into small cubes.
- 4 Place the peppers and squash onto the baking tray and drizzle with 2tsp olive oil.
- 5 Roast in the oven at 170°C for 15-20 minutes.
- 6 Place all ingredients in the blender and blend for approximately 3 minutes until completely smooth.

Preparation Tips:

-  A high-speed blender is recommended to ensure the mixture is completely smooth.
-  Stir the mixture thoroughly before administering the feed.
-  Fresh herbs are optional. Ensure they are chopped well and added last.
-  Follow food hygiene and safety guidelines during the preparation of this recipe.

Compleat® paediatric recipes are not suitable for freezing. This recipe is suitable for one feed and any unused liquid should be thrown away. Any remaining feed in the Smart Flex bottle can be kept in the fridge and used within 24 hours.



These recipes should only be used following recommendation by your dietitian or healthcare professional.

www.nestlehealthscience.co.uk/compleat-paediatric-recipes

