



# TERIYAKI TURKEY, CARROT & BROCCOLI TRAYBAKE

## INGREDIENTS

- 4 carrots, peeled & sliced
- 2 bunches spring onions, sliced
- 2 broccoli heads, cut into small florets
- 1 pack trimmed green beans
- 1 bunch asparagus, sliced on angle
- 8 turkey steaks
- 12 tbsp teriyaki sauce
- 4 tbsp mirin
- 2 limes, zest & juice
- ½ bunch coriander, chopped

## DIRECTIONS

- 01** Heat oven to 200C/180C fan/ gas 6
- 02** Place carrots and spring onions into a large baking tray, lie the turkey steaks on top. Spoon over the teriyaki sauce & mirin followed by the lime juice & zest. Roast in the oven for 30 minutes.
- 03** Remove the dish from the oven and add the broccoli, pak choi, green beans & asparagus. Cover tightly with foil and roast in oven for 10 minutes until the vegetables are tender
- 04** You can either add pasta with this meal or rice noodles

- Prep time: 35minutes
- Serves: 16 - 20