

Sweet and Sour Turkey

Low fat - Serves 4

Ingredients: -

450g/1lb - cooked diced turkey

2 - medium carrots, peeled and cut into 12mm/½" strips

1 -Cucumber, cut lengthways 10mm/?" strips

1 - onion, cut into wedges

440g can - pineapple rings (cut into pieces)

75g/3oz - sliced mushrooms

Method: -

Mix ingredients together in a casserole, place in a microwave oven for a full

20 minutes, or conventional oven for 1 hour on medium.

Take: - 15ml/1 tbsp cornflour, 30ml/2 tbsp vinegar, 15ml/1 tbsp soy sauce (dark), mix together and add to the casserole.

Microwave on full for 3 minutes, or place in moderate oven for 5/10 minutes
