

Turkey Breast Fingers With Avocado Dip

Yield: 2 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/hyrami-recipe-middle-east>

Ingredients:

- 1 weetabix or Oatibix
- 2 3/8 tablespoons Parmesan finely grated parmesan, parm-ee-zanParmesan is a straw-coloured hard cheese with a natural yellow rind and...
- 1/2 teaspoon dried thyme ThymeThis popular herb grows in Europe, especially the Mediterranean, and is a member of the mint...
- 1/2 teaspoon oregano dried oregano, or-ee-gar-noClosely related to marjoram, of which it is the wild equivalent, oregano has a coarser...
- 1 teaspoon smoked paprika
- 1 teaspoon ground coriander
- 3/4 pound turkey breast pack, cut into thick strips Turkey terk-eeWhile it's the traditional Christmas bird, turkey is good to eat all...
- 1 large egg beaten
- 1 3/16 cups butter bean drained
- 1 small avocado stoned and peeled Avocado av-oh-car-dohAlthough it's technically a fruit, the mild-flavoured avocado is used as a vege...
- 4 spring onions trimmed and chopped Spring onion sp-ring un-yunAlso known as scallions or green onions, spring onions are in fact very...
- 1 lime lime, ly-mThe same shape, but smaller than...
- cherry tomatoes
- pomegranate seeds
- salad leaves
- middle east

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 215 milligrams

4. Fat: 23 grams
5. Fiber: 32 grams
6. Protein: 76 grams
7. SaturatedFat: 4 grams
8. Sodium: 280 milligrams
9. Sugar: 17 grams

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