



# Barbequed Turkey with Cherry Sauce

Serves 12

## Ingredients

- 2kg double turkey breast
- 4 garlic cloves, crushed
- 1 tablespoon orange rind, finely grated
- 1/2 cup orange juice
- 2 tablespoons fresh sage, chopped
- 2 tablespoons fresh chives, chopped
- 2 tablespoons extra virgin olive oil
- Roast potato and baby carrots, to serve
- Green beans, steamed, to serve

## Cherry-Cranberry Sauce

- 500g frozen cherries or fresh cherries, seeded, halved
- 1/4 cup jellied cranberry sauce
- 1/2 cup dry white wine
- 1 tablespoon white wine vinegar
- 1 tablespoon brown sugar
- 1 star anise
- 1 cinnamon stick

### Nutritional Guide - Per Serve

Energy: 444cal	Carbohydrate: 11.7g
Protein: 53.6g	Sugars: 7.9g
Fat: 18g	Fibre: 3.2g
Saturated Fat: 3.9g	Sodium: 430mg

## Method

**Step 1:** Halve turkey to create 2 single breast fillets. Place in a large glass or ceramic baking dish. Combine garlic, orange rind, orange juice, sage, chives and oil in a small bowl. Season with salt and pepper. Pour over turkey. Rub to coat. Refrigerate for 1 hour.

**Step 2:** Preheat a barbecue (with hood) hotplate on high. Cook turkey for 3 to 4 minutes each side or until browned. Remove turkey. Place a greased stainless-steel rack on top of hotplate. Place turkey on rack. Reduce heat to medium. Cook, with barbecue hood closed, for 50 minutes to 1 hour or until juices run clear when thickest part is pierced with a skewer. Transfer turkey to serving plate. Cover loosely with foil. Stand for 10 minutes.

**Step 3:** Meanwhile, make cherry-cranberry sauce. Place cherries, cranberry sauce, white wine, vinegar and sugar in a saucepan over medium heat. Cook, stirring occasionally, for 5 minutes or until melted and combined. Add star anise and cinnamon. Simmer for 15 to 20 minutes or until slightly thickened.

**Step 4:** Slice turkey. Serve with cherry-cranberry sauce, roast vegetables and beans.

### Are you on a 1200 Calorie Meal Plan?

Your calorie intake for dinner should be between 370-400cal

Does this recipe meet your meal requirements? **NO**

**Recommendations:**

- Reduce turkey to 1.5kg on recipe.

Total Calories:  
371cal

### Are you on a 1500 Calorie Meal Plan?

Your calorie intake for dinner should be between 420-450cal

Does this recipe meet your meal requirements? **YES**

Total Calories:  
444cal