

Farmed turkey kebab, quinoa and spinach salad spinach, Provencal style roasted tomato

Recette pour 4

Description

The sun in your plate, with colourful local ingredients.

L'idée déco

Any type of poultry can be used in this recipe, just assure it is cooked through as cooking times will vary depending on the poultry and its size.

Ingrédients

Turkey kebab

- 600 Gr Turkey breast
- 1 Unit(s) Red onion
- 1 Unit(s) Onion
- 6 Clove(s) Garlic
- 4 Leaf(ves) Sage

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Quinoa and spinach salad

- 1 Cup(s) Quinoa
- 4 Handful(s) Baby spinach
- 1 Unit(s) Lemon

- Butter
- Salt and pepper
- Vegetable oil
- Olive oil

Provencal style tomatoes

- 2 Unit(s) Tomato
- 4 Tbsp Chopped parsley
- 3 Clove(s) Chopped garlic
- 4 Tbsp Japanese breadcrumbs (panko)

- Butter
- Salt and pepper
- Vegetable oil

- Olive oil

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre BBQ à 425.00 F°

Temps de repos ? **60.00 mins**

Preparations

Peel and finely chop the garlic, cut the turkey breasts in cubes.

Peel the onions, cut them in quarters.

Zest and juice the lemon. Make sure the spinach is clean.

Finely chop the parsley.

Turkey kebabs

In a bowl, combine the turkey cubes, chopped garlic, onions and sage leaves. Sprinkle with a fair amount of vegetable oil, mix together well. Let everything rest in the fridge for a at least hour.

Season with salt and pepper.

Skewer the turkey cubes and onion pieces alternately on metal skewers.

Place the kebabs on the hot BBQ for about 5 minutes on each side. Transfer them to the top rack to finish cooking with indirect heat.

Quinoa and spinach salad

Bring a pot of salted water to a boil, drop in the quinoa. Cook for 10 to 14 minutes at a simmer. Taste to verify if it is cooked enough, then pass through a colander to drain it.

Cool it down using cold water, this will aslo stop the cooking process, let it drain well again.

In a bowl, combine the quinoa, spinach leaves, lemon zest, lemon juice, a drizzle of olive oil, salt and pepper.

Provençal style tomatoes

Cut the tomatoes in two, horizontally, and then place them cut side up.

In a bowl, add the parsley and garlic, then add olive oil, mix well. Put a thick layer of this filling on the flesh of the tomatoes, then sprinkle a fair amount of panko, finish with a small knob of butter on each.

Place the tomatoes on the top rack of the BBQ, let them cook for about 15 minutes depending on the

size of the tomatoes.

Plating and finishing touches

Place the skewer on one side of the plate, fill the other side with your salad and Provencal stye tomato.

Bon appétit!