

Pembrokeshire turkey with sweet potato rosti



These crispy and tender turkey breasts are perfect for a family supper.

Serves 4 | Prep 20 minutes | Cook 30 minutes

Ingredients

4 thin turkey breast slices
150ml buttermilk
2 cloves garlic, crushed
zest of 1 lemon
1 tbsp fresh thyme, finely chopped
50g toasted rice cereal
3 tbsp rapeseed oil

For the rosti

400g sweet potato
½ small leek, washed and finely chopped
1 large egg, beaten
2 tbsp wholemeal flour
Halen Môn Sea Salt^A and black pepper
80g spinach leaves, lightly steamed

Method

- 01** Mix the buttermilk with the garlic, lemon and half the thyme and pour over the turkey slices. Cover and refrigerate for at least an hour, preferably overnight.
- 02** Remove the turkey from the marinade and set aside. Put the toasted rice in a sealed plastic bag and crush with a rolling pin until you reach fine breadcrumbs. Pour into a bowl and add the remaining thyme, then season with salt and pepper.
- 03** Cover the turkey with the rice mixture until coated on all sides.
- 04** Heat half the oil in a frying pan over a medium heat and cook the turkey for 6 minutes each side until golden and cooked through.
- 05** Meanwhile peel and grate the sweet potato and mix with the leek, salt and pepper, egg and flour. Divide into quarters and make four patties.
- 06** Heat the remaining oil in another pan and cook the patties for 5 minutes on each side until golden brown.
- 07** Serve the turkey on the sweet potato rosti with the spinach.

