

Dinner

Cutlets and Cabbage

Ingredients:

Lean turkey (or chicken, lamb) cutlets
(first week: 195g chicken =43g protein), 135g = 30g, 90g = 20g.

1 cup	finely shredded cabbage(Savoy)
2	finely sliced shallots
1 clove	garlic, crushed
¼ tsp.	minced ginger
¼ tsp.	ground cumin
¼ tsp.	Garam Marsala (herbs)
¼ tsp.	fennel seeds
¼	chilli, chopped very finely
	Sea salt and pepper to taste
	Olive oil cooking spray

Method:

- Spray coat turkey cutlets with Olive oil cooking spray
- Sprinkle with Sea salt and pepper to taste
- Place under preheated griller and cook both sides

Cabbage -

- Spray coat non-stick pan with Olive oil cooking spray
- Heat pan, add the spices and cook a few seconds before adding shallots
- Sauté for a few minutes then add the shredded cabbage
- Cook on high heat for a minute whilst stirring quickly, then reduce the heat to low
- Continue to cook until the cabbage has wilted and has been thoroughly coated with spice mixture (you may need to add a little water to moisten)