

# TURKEY (FAKE DUCK) PANCAKES



## QUICK

15 minutes prep  
time + 3 hours  
cooking time

## HEALTHY

Turkey helps to produce serotonin, which affects mood. High levels can lead to a cheerful disposition and the ability to withstand stress.

## FAMILY

Serves 5 as a  
main

## MEALS

This can be served as a  
starter or a main

## INGREDIENTS

- 1 turkey oyster thigh - approx. 1 kg (Leg works too but is more boney!)
- Hoi sin sauce\*
- 4 x tsp Chinese 5 spice
- Duck pancakes or romaine lettuce – approx. 4 per person
- 1 cucumber
- 5 spring onions

\* Check the sugar content of your Hoi sin sauce as they vary widely

## METHOD

- 1) Put the oven on to 180°C (Fan oven)
- 2) Rub the Chinese 5 spice onto the Turkey
- 3) Put into a large ovenproof pot and cover with water and a lid
- 4) Put into the oven and cook for 3.5 hours
- 5) Tip the water away and allow to cool whilst you prep the veg.
- 6) Slice the cucumber and spring onion into thin fingers
- 7) When cool, remove the skin and bones from the turkey and shred with your fingers.
- 8) Either eat straight away or put onto an oven tray and cover with foil.
- 9) Heat up in a hot oven for about 10 mins – don't overcook
- 10) Take a pancake/romaine lettuce leaf, put a tsp hoi sin in the middle and spread around with a tsp.
- 11) Lay turkey, cucumber, spring onion in a line across the middle. Roll and eat!



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)