

Turkey steak with panko crust and quinoa



10 persons



Ingrediënten

- 10 Turkey steaks
- 50 g panko
- Dash of groundnut oil
- ¼ coffee spoon smoked paprika
- 500 g quinoa
- Vegetable stock
- 1 kg young spinach
- 1 kg different types of mushrooms
- 2 cloves garlic
- 2 bunches spring onions
- Olive oil
- Pepper & salt
- A few red sorrel leaves

Bereiding

Mix the panko together with the groundnut oil and the smoked paprika. Place the panko on the Turkey steaks and press briefly.

Bake the Turkey steaks slices in an oven at 180°C for ± 10 minutes.

Boil the quinoa in the vegetable stock for 8 minutes and drain.

Finely chop the garlic cloves and wash the young spinach. Dry the spinach in a salad spinner and cut the mushrooms into quarters. Fry the mushrooms in olive oil together with the garlic and season with pepper and salt. Briefly sauté the young spinach in some olive oil and season with pepper and salt. Mix the spinach, quinoa and mushrooms.

Cut the spring onions to length, rub with olive oil and season with pepper and salt. Grill them briefly and arrange everything attractively on a plate.

Finish with the sorrel leaves.

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