



Turkey Steaks with Lemon and Mint Avocado



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Ingredients (Serves 2)

- 2 turkey steaks
- 2 tbs garlic infused rapeseed oil
- 2 soft ripe avocados
- juice ½ lemon
- 1 tbs lemon infused rapeseed oil
- small handful flat leaf parsley, chopped
- small handful mint leaves, chopped
- 2 tbs capers (in vinegar), drained
- salt and black pepper

Method

First marinate the turkey steaks by placing on a plate and pour on the garlic infused rapeseed oil, season with salt and pepper. Rub the steaks all over with the oil making sure they are well coated. Leave to marinate for up 30 minutes.

Cut the avocados in half and remove the stones. Using a spoon, scoop out the flesh into a bowl and squeeze over the lemon juice. Roughly mash the avocados with a fork. Add the lemon infused rapeseed oil, parsley, mint and one tablespoon of the capers and stir well until well combined. Season with salt and black pepper to taste.

Heat a griddle pan until very hot and put in the turkey steaks. Cook for about 4-6 minutes on each side until cooked through.

Divide the avocado mixture between two plates and place a turkey steak on top of each. Scatter over the remaining tablespoon of capers and a few parsley and mint leaves and finish with a drizzle of lemon infused rapeseed oil.