

Christmas Shopping List & Recipe!



Turkey Traybake Shopping List



Check your cupboards first:

You might already have these at home. If not, add them to your shopping list.



Garlic



Cooking oil



Cranberry Sauce

Your shopping list:



2 Turkey Thighs



2 Red Onion



1 Red Bell Pepper



150g Potatoes

Your shopping list:

Community
Integrated
Care



2 Parsnips



2 Carrots

Christmas Turkey Traybake



Ingredients

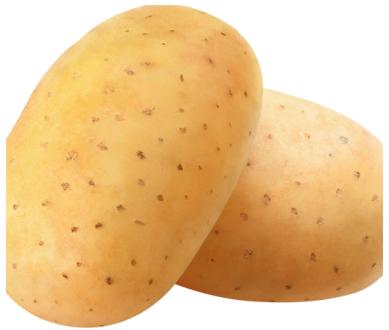
Community
Integrated
Care



2 Red Onions



1 Red Bell Pepper



150g Potatoes



2 Parsnips



2 Carrots



2 Tablespoon Olive Oil



1 Jar Cranberry Sauce



Garlic Seasoning



2 Turkey Thighs

Equipment

Community
Integrated
Care



Oven



Roasting Tray



Spoon



Apron



Potato Peeler



Tin Foil

Method

Wash your hands and put on your apron.



Turn on the oven and set it to 180 degrees.



Slice the red onions.



Using a spoon, scoop out the seeds from the peppers then slice them using a knife.



Peel the potatoes.



Chop the potatoes into cubes.



Peel the parsnips.



Slice the parsnips into four.



Slice the carrots.



Put all the ingredients into a roasting tray.



Coat with olive oil.



Season with garlic to taste.



Cover the roasting tray in tin foil.



Roast in the oven for 30 minutes.



Carefully remove the roasting tray from the oven.



Mix in 1/2 jar of cranberry sauce.



Put the roasting tray back into the oven for 10 minutes or until the turkey is cooked through.

