

# Love your leftovers



## Turkey Goujons with Spiced Potato Cakes and Coleslaw

By Miss C Clavier, Kilburn

### Ingredients

#### Turkey Goujons

300g Breadcrumbs  
500g Cooked Turkey  
chopped into long thin slices  
50g Plain Flour  
1 Egg  
Teaspoon of Paprika  
Salt & Pepper to your taste  
Vegetable Oil – enough to  
shallow fry

#### Potato Cakes

7 Roast Potatoes  
100g Sprouts  
50g Plain Flour  
15g Parsley (no large stalks)  
½ teaspoon of Turmeric  
¼ of a teaspoon of Cumin  
1 Egg  
Salt & Pepper to your taste  
Sweet chilli sauce if desired

#### Coleslaw

100g Red Cabbage  
100g White Cabbage  
100g Carrot  
1 medium red onion  
3 Heaped Tablespoons of  
Low Fat Mayonnaise  
10g Chives

### Method:

#### Turkey Goujons

1. Place the breadcrumbs in a bowl and add the paprika, salt & pepper.
2. In another bowl beat the egg.
3. Put the plain flour in another bowl. Place the cooked turkey into the plain flour, add the egg and breadcrumbs. Coat all sides of the turkey in the breadcrumbs
4. Heat vegetable oil and when it's hot add turkey in breadcrumbs. Fry until golden.
5. Drain on kitchen paper then put into the oven on gas mark 4 for 5-10 minutes to heat up all the way through. Be careful not to leave in oven for too long as they could become dry.

## **Potato Cakes**

1. Mash roast potatoes, cut up the brussels sprouts and parsley.
2. In a bowl mix the mashed potatoes and the sprouts. Add turmeric, cumin, salt and pepper and mix well again.
3. In a bowl beat the egg. Add the egg to the potato and vegetable mixture.
4. Put the plain flour on a plate. Take some of the potato and vegetable mixture in your hands and mold into a burger shape. Place both sides in the flour. Take off the excess flour and put aside whilst making the rest of the potato cakes.
5. Heat vegetable oil in a frying pan. Fry both sides of each potato cake then put them on a baking tray in the oven for around 10 minutes on gas mark 4.

## **Coleslaw**

1. Thinly shred the white and red cabbage and red onion. Grate the carrot.
2. Mix the vegetables in a bowl and add chopped chives and 3 tablespoons of mayonnaise. Mix well. You can mix the mayonnaise and chives in a separate bowl before pouring over the cabbage and onion if you want to.