

Low FODMAP Turkey Roulade with Herb & Nut Stuffing

Serves: 8

Prep: 1 hour

Cook: 40 minutes



Ingredients	Metric	Imperial
4 large, skinless turkey breasts or chicken breasts	1680 g	59 oz
Long, very thin slices of pancetta (rind and as much fat as possible removed)	220 g	7.8 oz
8 slices (2cm x10cm) red capsicum, charred and skinned	152 g	5.4 oz
Olive oil spray		
5 bacon rashers, rind and fat removed, finely diced	180 g	6.4 oz
1 tbsp butter or margarine	20 g	0.8 oz
1 cup spring onion, green tops only, finely sliced	45 g	1.6 oz
1 tsp cracked black pepper	1 g	0.03 oz
1½ cup gluten-free bread crumbs	100 g	3.5 oz
Macadamia nuts, roasted and roughly chopped	125 g	4.4 oz
1 tbsp thyme leaves, finely chopped	12 g	0.4 oz
½ bunch parsley leaves and upper stems, finely chopped	25 g	1 oz
3 eggs	175 g	6.2 oz

Method

1. To make the stuffing, heat the butter in a pan over medium heat, add the bacon until browned then remove from heat. Add the spring onion tops, pepper, breadcrumbs, macadamia nuts, thyme, parsley and eggs and mix until combined. Set aside
2. Preheat a fan forced oven to 180°C/356°F.
3. Trim chicken or turkey fillets of sinew and fat.
4. Flatten fillets between two sheets of silicon paper by thumping with a meat mallet or rolling pin. The fillets should be about 1.5 cm/0.6" thick.
5. Cut the capsicum (bell pepper) into long thick strips.
6. On a new sheet of silicon paper arrange the pancetta slices so they overlap slightly.
7. Place the flattened fillet in the centre of the pancetta and arrange the capsicum strips in the centre.
8. Mould a tapered log of the stuffing and align it with the capsicum.
9. Carefully roll the entire breast using the pancetta to 'seal' the roulade.
10. Spray a roasting dish with olive oil and place the roulade with the pancetta strip ends facing down and spray lightly with olive oil.
11. Repeat the above with the remaining fillets.
12. Roast for approximately 40 minutes (note this time may vary depending on the oven and size of the fillets).
13. Rest in a warm place for about 15 minutes before slicing into 2cm rounds.

Hints

- If you use turkey breast, ask your butcher to slice the breast into flat 2 cm long, thick slices (explain what you want them for).
- Strapped for time on the day? Prepare the roulades the day before, cover with plastic wrap and refrigerate them uncooked. Cook them on the day to serve warm. Note you may notice that the chicken/turkey meat that is in contact with the pancetta is pink. Don't worry, it is cooked, it's just the colour from the pancetta.
- Serve with delicious low FODMAP cranberry sauce!

Nutrition Information (per serve)	
Energy	2724 Kj / 651 cal
Protein	63.30g
Carbohydrates	10.50g
Sugar	2.70g
Total Fat	39.60g
Saturated Fat	11.30g
Fibre	2.80g