

JERK TURKEY MANGO WRAP

COOK-ALONG



@utmhccwellness



INGREDIENTS NEEDED

- Jerk seasoning paste (ex. WalkersWood or Grace brand)
- 1 boneless, skinless turkey breast (about 1 lb /450 g) --

*(you can use skinless chicken breasts OR
bite-size chunks of firm tofu instead)*

- Mayonnaise
- 1 fresh lime
- 1 mango
- 1 red Bell pepper
- Tortilla wraps (whole-wheat, or your choice)

note this is a very hot & spicy seasoning, if you don't think you're going to like it, feel free to use a marinade of your choice like Teriyaki sauce, pesto, or even Greek salad dressing

SUPPLIES NEEDED

- Measuring spoons
- Container with a lid (or a large baggie) to hold turkey while it is marinating
- Baking sheet (or oven-proof baking dish)
- Knife & cutting board
- Small bowl
- Small spoon
- Citrus zester or small grater (a cheese grater is fine)
- Meat thermometer (optional)

Questions? Don't hesitate to email Kimberly.green@utoronto.ca