

JERK TURKEY MANGO WRAPS



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WELLNESS
AT HOME



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INGREDIENTS

- 45 - 60 mL (3 - 4 Tablespoons) Jerk seasoning paste** (ex. WalkersWood or Grace brand)
- 1 boneless, skinless turkey breast* (about 1 lb /450 g)
- 75 mL (1/3 cup) mayonnaise
- 15 mL (1 T.) fresh lime juice
- 5 mL (1 teaspoon) lime peel, grated
- 1 mango, peeled and sliced into thin strips
- 1 red Bell pepper, seeded and sliced
- 4 tortilla wraps

MAKE IT YOUR OWN!

- **If you don't like spicy food, you can use a marinade of your choice: try pesto, Teriyaki or even Greek salad dressing.
- *You can use skinless chicken breasts instead of turkey or for a vegetarian option: try bite-sized chunks of firm tofu

INSTRUCTIONS

01

Spread Jerk seasoning paste evenly over raw turkey breast - (if you have time, do this up to 8 hours before cooking and store in fridge - this will allow flavours to permeate the turkey)

02

When ready to cook, pre-heat oven to 325°F (160°C). Place turkey breast in an oven-proof dish and bake for about 35-40 minutes; until the meat thermometer registers between 165° to 170°F (73° to 77°C).

03

In a small bowl, combine mayonnaise, lime juice and peel; mix to combine.

04

Divide mayonnaise mixture evenly between tortilla wraps; top with cooked turkey slices, mango and red pepper strips. Fold tortilla to make a wrap.