

Low Carb Turkey Breast with Oven Roasted Vegetables

Calories: 194.6 kcal

Servings: 1

Time: 0 Mins

Ingredients

- 15.00 ml Apple Cider Vinegar
- 40.00 g Eggplant (sliced)
- 15.00 ml Flaxseed Oil
- 60.00 g Mixed Lettuce (to serve)
- 3.00 tsp Olive Oil
- 40.00 g Red Onions (sliced into wedges)
- 120.00 g Turkey Breast Steak
- 60.00 g Zucchini (sliced)

Instructions

1. Pre-heat fan forced oven to 180C.
2. Line a pan with baking paper, place eggplant, zucchini and onion and bake 20-30 minutes or until golden and tender.
3. When vegetables are almost ready, heat a non-stick fry pan, spray with cooking spray and cook turkey breast steak until cooked through.
4. Place the mixed salad leaves onto your serving plate, top with vegetables, pour flaxseed oil and apple cider vinegar over and then place turkey breast steak on top.