

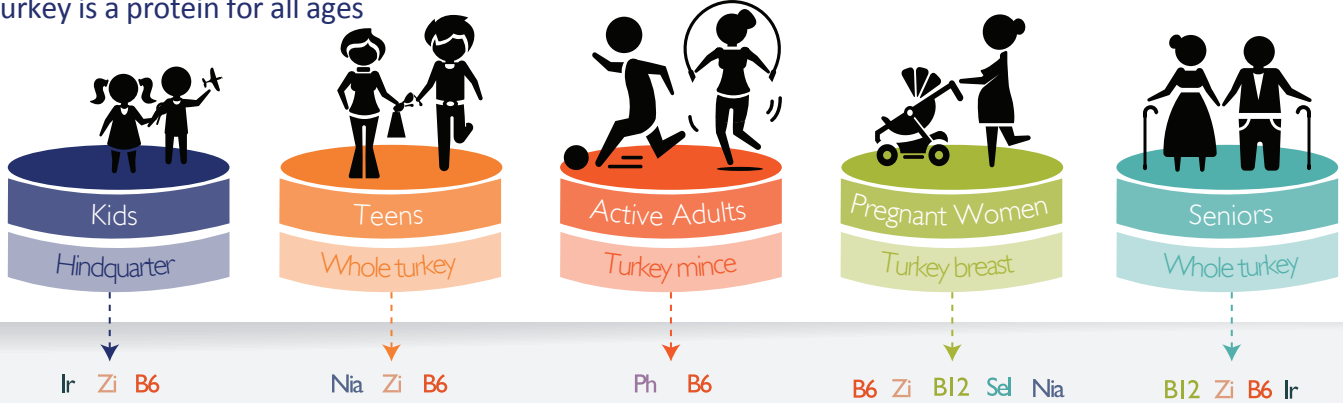


We're Steggles for quality

# Let's talk turkey

Turkey - a delicious and healthy protein option for everyone, every day of the year.

Turkey is a protein for all ages



- Nia Niacin – Energy metabolism
- B6 Vitamin B6 – Healthy red blood cells
- PA Pantothenic acid – Energy release

- Sel Selenium – Important antioxidant
- Ir Iron – Carries oxygen around the body
- Ph Phosphorous – Bone health

- O3 Omega-3 – Protects against heart disease
- Zi Zinc – Healthy skin and immune system
- B12 B12 – Healthy brain and nervous system

## Why switch to turkey?

Is it low in fat and high in protein?

YES

100g of turkey breast provides 43% of an adult's RDI of protein

Will the whole family love it (even the kids)?

YES

100g of turkey thigh provides 100% of a child's recommended daily intake of zinc

Is it easy to prepare?

YES

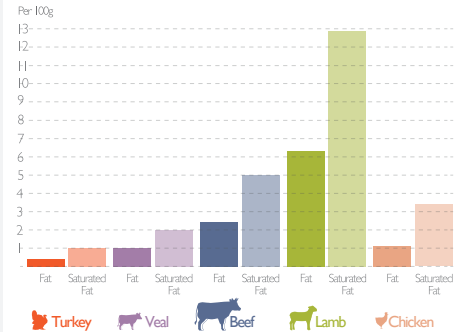
Turkey is just as easy to prepare and cook as chicken!

**TURKEY**

Turkey is perfect for healthy, active people as part of a balanced diet

## Turkey - the healthy choice

Turkey thigh mince is lower in kilojoules, total fat and saturated fatty acids than all other minces:



## Turkey is tasty, nutritious and simple to use

Try these delicious recipe suggestions



### Grill & BBQ

Turkey is perfect cooked on the BBQ, and quick to prepare.

Marinate turkey breast in lemon, pepper and olive oil, then grill.

### Bake

Turkey is a great option for delicious roast dinners.

Marinate turkey hindquarter in olive oil, herbs and garlic and serve with sweet potato and broccoli.

### Slow cook

When you're in a rush, why not try turkey in the slow cooker.

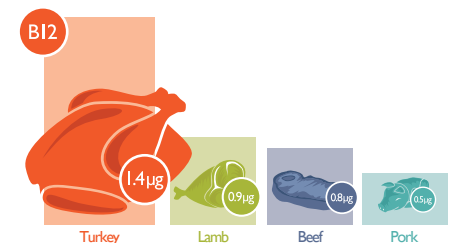
Cook turkey shanks in a slow cooker with chicken stock until tender. Serve with mashed potato and green beans.

### Stir fry

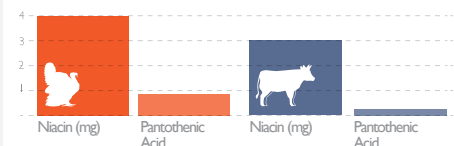
When making your favourite stir fry dish, toss turkey into the mix.

Stir fry sliced turkey breast steaks with mixed vegetables, garlic, ginger, basil, sweet chilli jam, and serve with rice noodles.

Turkey hindquarter is higher in vitamin B12 than lamb leg roast, diced pork and beef round steak:



Turkey hindquarter contains niacin and pantothenic acid for energy metabolism and release



Turkey - your shortcut for a healthier way, everyday.