

TURKEY BREAST WITH HONEY SAUCE

1 tsp olive oil
4 turkey steaks
1 tbs worcester sauce
1/2-1 red chilli - deseeded and finely chopped
1-2 tbsps runny honey
100 ml chicken stock
4 spring onions - finely sliced

Heat the oil in large frying pan and cook the turkey for 8-10 mins turning once.
Set aside on a board and cover with foil to keep warm.

Return the pan to heat and add Worcestershire sauce, chilli, honey and some spring onions and seasoning. Heat through and leave to bubble for several minutes until slightly thickened.

Pour sauce over turkey and serve.