

Herbed Turkey Fillet with Lemon Garlic Sauce

A delightful and healthy main dish featuring tender turkey fillet, infused with fresh herbs and drizzled with a zesty lemon garlic sauce. Perfect for a light dinner that doesn't compromise on flavor.



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 turkey fillet (about 150g)
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1 tablespoon lemon juice
- Salt and pepper to taste
- 1 cup steamed broccoli (for serving)

Steps

- 1 Heat olive oil in a non-stick skillet over medium heat.
- 2 Season the turkey fillet with salt, pepper, thyme, and rosemary.
- 3 Add the turkey to the skillet and cook for about 4-5 minutes on each side, or until cooked through and golden brown.
- 4 In a small bowl, mix the minced garlic and lemon juice.
- 5 Once the turkey is cooked, pour the lemon garlic mixture over it and let it simmer for 1-2 minutes.
- 6 Serve the turkey with steamed broccoli on the side.