

# Teriyaki Turkey Kebabs

**Per Portion**  
**385** Calories  
**23.25g** Protein  
**50.5g** Carbs  
**10.25g** Fat



## Ingredients

- 500g turkey mince
- 50g breadcrumbs
- 3 tbsp teriyaki sauce
  - 3 red onions
- 2 garlic cloves, minced
  - 1 egg, beaten
- Salt and pepper to season
- 1 red, yellow & green peppers, cut in large cubes
  - 1 bag of salad
  - 4 pitta breads

## Method

1. Finely dice half of an onion.
2. Mix all ingredients together into meatballs, except the peppers and remaining onions.
3. Roll into meatball sizes.
4. Chill in the fridge to firm up for 20 minutes.
5. Quarter the remaining onions.
6. Thread the meatballs onto a skewer with a piece of pepper and quarter onion between each meatball.
7. Air fry at 180c for 8 minutes.
8. Serve with salad & pitta breads

*\*This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*