

Ingredients needed for: ____/____/____ Name: _____

GRILLED SPICED PHEASANT WITH MANGO-MINT DRESSING

Ingredients

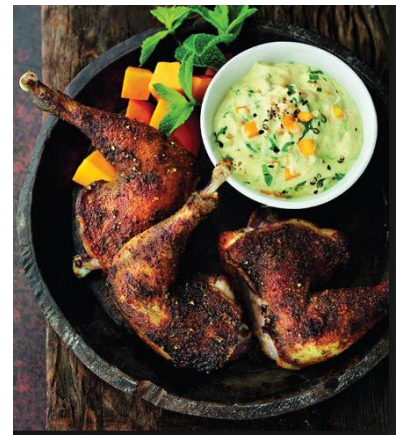
1 oven-ready pheasant, jointed into 2 boneless breasts and 2 legs
2 tbsp good quality mild curry powder
4 tbsp olive oil
Salt and pepper

Dressing:

200ml thick Greek yoghurt
1 tbsp runny honey
1 tbsp white wine vinegar
Salt and black pepper
2 tbsp chopped fresh mint
2 tbsp mango chutney
1 tsp ground turmeric

Equipment

Grill
Baking tray
Sheet of foil
Large mixing bowl
Medium mixing bowl
Tablespoon
Scales
Teaspoon



Method

1. Place the pheasant pieces in a bowl add the curry powder and rub in well.
2. Mix all the ingredients for the dressing and leave for the flavours to mingle for 30 minutes.
3. Preheat the grill to its hottest setting. Place the pheasant pieces on a non-stick baking tray and rub with oil, salt and pepper.
4. Place under the hot grill and cook for about 8-10 minutes on each side, or until the juices run clear when pierced with a knife or skewer, and the skin is brown.
5. Once cooked, remove from the grill and leave to rest covered with foil, for a couple of minutes.
6. Serve hot with the mango and mint dressing spooned over the top.