



**CARROLL'S**  
*of Tullamore*

A NEW  
YOU



**'IN MINUTES' RECIPES**

**CARROLL'S SIGNATURE ROASTS RANGE PROVIDES THE PERFECT BALANCE OF CONVENIENCE AND FLAVOUR FOR THOSE LOOKING FOR HIGH QUALITY COOKED POULTRY. CAREFULLY CRAFTED TO ENSURE THE PERFECT SLICE OR BITE FOR YOU TO ENJOY HOWEVER YOU LIKE! VERSATILE AND CONVENIENT THIS RANGE OF WHITE MEAT MAKES LIFE EASY. IDEAL FOR SANDWICHES, SALADS, STIR-FRY OR WRAPS THERE ARE 100'S OF WAYS TO ENJOY THIS RANGE!**

**AND TO MAKE IT EVEN BETTER, OUR CHICKEN PIECES CONTAIN 27G OF PROTEIN PER PACK MAKING IT YOUR PERFECT KITCHEN COMPANION!**



EST. 1979  
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# HONEY CHICKEN & STRAWBERRY SUPER SALAD

WHO SAID SALADS WERE BLAND? WITH OUR CARROLL'S HONEY AND CHILLI CHICKEN PIECES, COMBINED WITH FRESH LEAVES AND STRAWBERRIES YOU CAN MAKE YOUR SALADS AS TASTY AND COLOURFUL AS YOU PLEASE!

## INGREDIENTS:

- 1 CUP STRAWBERRIES
- CARROLLS HONEY AND CHILLI CHICKEN PIECES
- HALF CUP OF CUCUMBERS
- A TABLE SPOON OF CRUMBLED FETA
- SALAD LEAVES AS DESIRED
- DRESSING OF YOUR CHOICE – WE LOVE BALSAMIC WITH THIS AS IT CREATES A WONDERFUL BALANCE WITH THE SWEET STRAWBERRIES!

## METHOD:

- MIX ALL THE INGREDIENTS AND ENJOY! ITS THAT EASY!



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# CHICKEN MEXICAN FAJITAS

FEISTY AND FIERY TASTY THIS TASTY FAJITA STYLE PRODUCT IS DELICIOUS! MADE FROM 100% CHICKEN BREAST PIECES IS THE PERFECT ADDITION FOR A SPICY MEXICAN STYLE WRAP, SALAD OR FAJITA IN MINUTES! ENJOY IT HOT OR COLD FOR A FLAVOURSOME FEAST, YOUR TASTE BUDS WILL THANK YOU!

## INGREDIENTS:

- 1 PACK CARROLL'S SIGNATURE ROASTS FAJITA CHICKEN PIECES
- 1 ONION (FINELY SLICED)
- 1 RED PEPPER (SLICED)
- RED CHILLI, FINELY SLICED (OPTIONAL)
- 1 HEAPED TBSP SMOKED PAPRIKA
- 1 TBSP GROUND CORIANDER
- 1 PINCH GROUND CUMIN
- 1 CRUSHED GARLIC CLOVE
- 1 TBSP OLIVE OIL
- 1 LIME (JUICED)

## TO SERVE:

- 4 MEDIUM TORTILLAS
- MIXED SALAD LEAVES
- TUB FRESH SALSA

## METHOD:

- HEAT OVEN TO 200C/180C FAN/GAS 6 AND WRAP TORTILLAS IN FOIL.
- MIX SLICED ONION, SLICED PEPPER, SLICED CHILLI, PAPRIKA, CORIANDER, CUMIN, GARLIC CLOVE, OLIVE OIL AND LIME IN A BOWL WITH A BIG PINCH EACH OF SALT AND PEPPER.
- HEAT A GRIDDLE PAN UNTIL HOT AND ADD MARINADE TO THE PAN.
- KEEP EVERYTHING MOVING OVER A HIGH HEAT FOR ABOUT 5 MINS USING TONGS UNTIL YOU GET A NICE CHARRED EFFECT. ADD THE CARROLL'S SIGNATURE ROASTS FAJITA CHICKEN PIECES TO HEAT THROUGH.
- PUT THE TORTILLAS IN THE OVEN TO HEAT UP AND SERVE WITH THE CHICKEN AND VEGETABLES, A BAG OF MIXED SALAD AND ONE TUB OF FRESH SALSA.



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# TURKEY AND VEGGIE WRAP

ENJOY OUR DELICIOUSLY SUCCULENT TURKEY SLICES. NATURALLY LEAN AND LOW IN FAT, VERSATILE AND CONVENIENT OUR SLICED TURKEY TAKES ALL THE EFFORT OUT OF PREPARING A TASTY AND HEALTHY MEAL! PICK UP A PACK TODAY AND SEE FOR YOURSELF THAT MAKING THE HEALTHY CHOICE DOES NOT MEAN SACRIFICING QUALITY OR FLAVOUR!

## INGREDIENTS:

- 1 LARGE FLOUR TORTILLA, WHOLE-WHEAT IF PREFERRED
- 3 TBSP SOFT GOAT'S CHEESE
- 1 PACK CARROLL'S SIGNATURE ROASTS SLICED TURKEY
- 1/2 RED PEPPER (SLICED)
- 1 SMALL CARROT (GRATED)
- HANDFUL OF SPINACH LEAVES
- TSP SWEET CHILLI SAUCE
- SEEDS FROM 1 POMEGRANATE
- BLACK PEPPER

## METHOD

- LAY THE TORTILLA FLAT ON A CHOPPING BOARD AND SPREAD WITH THE SOFT GOAT'S CHEESE.
- ADD THE TURKEY, RED PEPPER, GRATED CARROT AND A HANDFUL OF SPINACH LEAVES.
- TOP WITH THE ALFALFA SPROUTS, POMEGRANATE SEEDS AND A GENEROUS PINCH OF BLACK PEPPER. ROLL UP THE TORTILLA TIGHTLY.
- SERVE IMMEDIATELY OR WRAP IN TIN FOIL FOR LATER.



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# ROAST CHICKEN QUESADILLAS

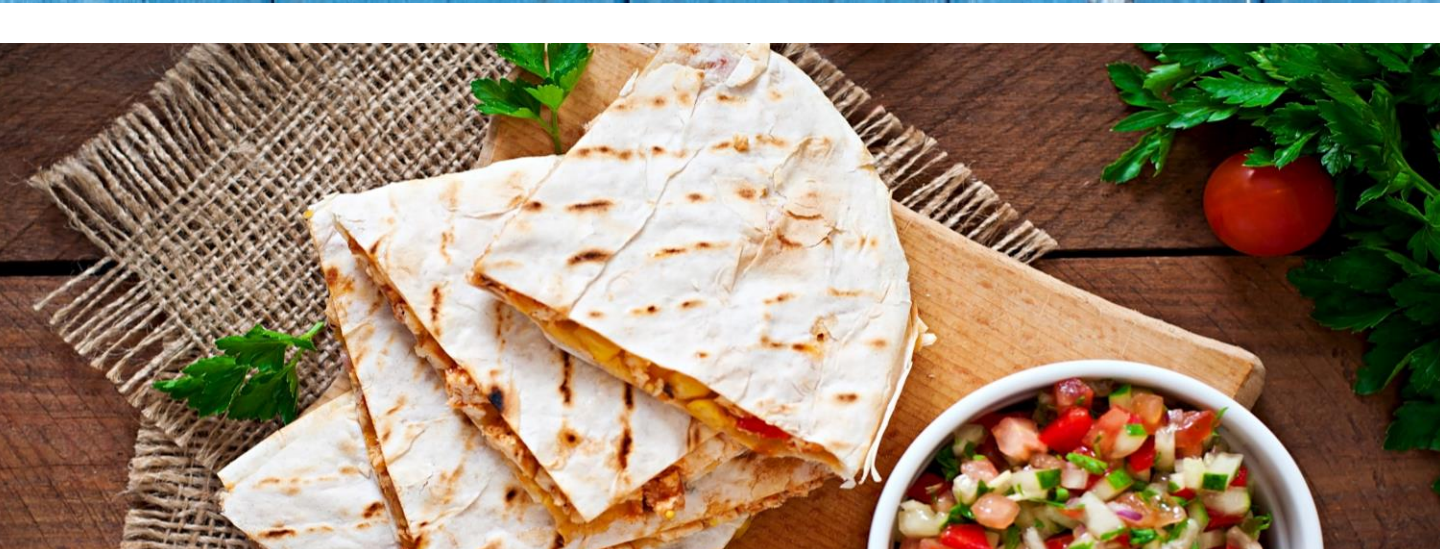
A QUICK AND EASY LUNCH OR DINNER THAT THE WHOLE FAMILY WILL ENJOY! THIS RECIPE IS SO VERSATILE SO USE WHATEVER VEGGIES YOU'VE GOT LYING AROUND!

## INGREDIENTS:

- CARROLL'S SIGNATURE ROAST SLICED CHICKEN
- 2 HANDFULS OF YOUR FAVOURITE CHEESE, GOUDA, MOZZARELLA, CHEDDAR
- 1 SPRING ONION SLICED
- 2 TORTILLA WRAPS
- HALF A SMALL RED ONION
- 12 CHERRY TOMATOES
- CORIANDER TO TASTE
- LIME JUICE
- SOUR CREAM

## METHOD:

- PLACE WRAP ON FRYING PAN LAYER UP TURKEY, CHEESE, SPRING ONION HEAT THROUGH AND WHEN CHEESE HAS MELTED FOLD IN HALF AND CRISP BOTH SIDES.
- MEANWHILE CHOP THE TOMATOES INTO QUARTERS AND DICE THE RED ONION, ADD CHOPPED CORIANDER AND THE JUICE OF HALF A LIME.
- SERVE TOGETHER WITH SOUR CREAM.



YOU CAN CHECK OUT OUR FULL RANGE OF RECIPES AT  
[CARROLLSOFTULLAMORE.IE/RECIPES-TULLAMORE/](http://CARROLLSOFTULLAMORE.IE/RECIPES-TULLAMORE/)



FIND OUR SIGNATURE ROAST RANGE IN STORE TODAY!

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