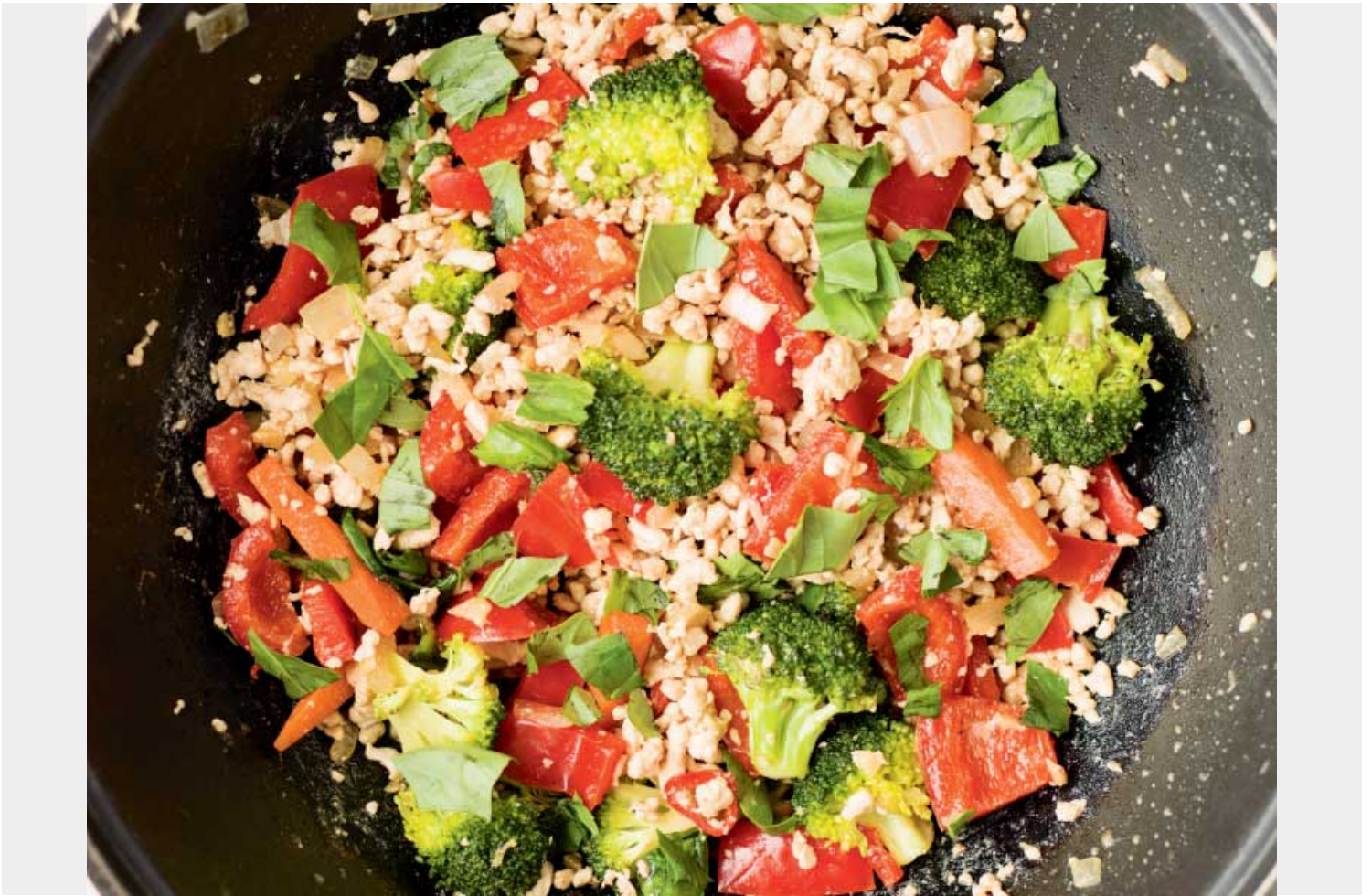


TURKEY STIR-FRY



Prep Time: 10 minutes

Cook Time: 15 minutes

Serves: 2

Nutritional information:

- Protein – 65g
- Fat – 42g
- Carbohydrate – 61g
- Calories - 896

Ingredients:

- 2 tbsp coconut oil
- 1 onion, finely sliced
- 1 chilli, finely chopped
- 4 garlic cloves, crushed
- a thumb-sized length of ginger, grated
- a handful of broccoli, broken into small florets
- 1 carrot, peeled and cut into matchsticks
- 1 pepper, finely sliced
- 400g turkey mince
- 3 tbsp soy sauce
- 1 tbsp fish sauce
- 125g brown rice
- a handful of basil leaves

Method:

1. Heat the coconut oil in a large pan over a medium-high heat. Add the onion, chilli, garlic and ginger and stir-fry for about 3 minutes. Add the broccoli, carrot and pepper and stir-fry for another 3 minutes. Add the turkey mince, soy sauce and fish sauce and stir-fry for 8 minutes or until the turkey is cooked through.
2. Meanwhile, cook the rice according to the instructions on the package.
3. Spoon the cooked rice into warmed serving bowls, making a well in the centre. Spoon the stir-fry on top. Tear the basil leaves and scatter over the stir-fry. Serve without delay.