

TURKEY & ARUGULA

Time: 40 minutes

Serves: 4

Ingredients:

1 pound ground turkey breast
2 eggs
2 cloves garlic - finely chopped or grated
1 onion – finely chopped
½ cup parsley – finely chopped
1 teaspoon kosher salt
¼ teaspoon fresh ground black pepper
2 tablespoons extra-virgin olive oil
4 cups chicken or vegetable stock
4 cups baby arugula
1 tablespoon red wine vinegar
Additional salt to taste
Red pepper flakes to serve

Preparation:

Hand mix the turkey, eggs, garlic, onion, parsley, salt and pepper until just evenly combined, then form into eight balls.

Place a suitable pot on medium heat along with the olive oil. Once the oil is hot, place the meatballs in the pot, turning occasionally until browned all over.

Add the stock, arugula and vinegar to the pot and bring the heat to high. Once a boil is reached, remove from heat.

Stir in salt to taste and serve sprinkled with red pepper flakes.

Nutritional Information Per Serving:

Calories: 198
Fat: 8g
Carbs: 4g
Fibre: 0.8g
Protein: 29g