

TURKEY & CHILI

Time: 30 minutes

Serves: 4

Ingredients:

2 cups chicken stock
1 clove garlic - finely chopped or grated
1 tablespoon paprika
1 tablespoon chili powder
1 teaspoon xylitol or other sugar substitute
½ teaspoon ground cumin
1 teaspoon kosher salt
2 tablespoons coconut oil
1 pound turkey breast - sliced
¼ teaspoon fresh ground black pepper
½ red onion – thinly sliced
½ cup feta cheese – crumbled
½ cup cilantro leaves – roughly chopped

Preparation:

Combine the stock, garlic, paprika, chili, xylitol, cumin and half the salt in a small sauce pot over high heat. Bring to a boil, then reduce heat to maintain a slight boil for ten minutes while preparing the other ingredients.

Remove the sauce from heat and strain through a fine sieve.

Place the coconut oil in a wok or frying pan on high heat. Sprinkle the remaining salt and the pepper on the turkey. Once the pan begins to smoke, stir-fry the turkey until cooked through.

Plate the turkey and pour over the sauce. Top with the onion, feta and cilantro.

Nutritional Information Per Serving:

Calories: 251
Fat: 18g
Carbs: 5g
Fibre: 0.5g
Protein: 19g