

TURKEY CHOP SUEY

Time: 30 minutes

Serves: 4

Ingredients:

20g cold-pressed avocado oil (or other neutral-flavoured, cold-pressed, high-heat oil)
4 cloves garlic - roughly chopped
100g onion - thinly sliced or diced
450g extra-lean ground turkey
400g coleslaw mix (shredded cabbage and carrots)
340g fresh bean sprouts
60g soy sauce
10g toasted sesame oil (optional)

Preparation:

Place a wok on maximum heat.

When it's hot, add the oil.

When the oil is hot, stir-fry the garlic and onion for one minute.

Add the turkey, breaking apart while stir-frying until cooked through (approximately four minutes)

Add the coleslaw mix and stir-fry for three minutes.

Add the remaining ingredients and stir-fry for one minute.

Serve immediately.

Nutritional Information Per Serving:

Calories: 242 Fat: 8g Carbs: 13g Fibre: 4g Protein: 31g	Hand-Size Portion Guide Palms of Protein: 1 Fists of Vegetables: 1 Cupped Hands of Carbs: 0 Thumbs of fat: 0
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