

Tasty Turkey



This a high protein recipe that all the family will love and give that Chinese flavour, without needing to reach for the takeaway menu

Ingredients:

(For 3-4 portions)

400g Turkey Mince

Half a White Cabbage - chopped finely

3 or 4 Carrots - ribboned (with a peeler)

1 or 2 Red onions - chopped

4 or 5 Spring Onions

1 or 2 teaspoons Easy Ginger and Garlic (can use fresh, finely chopped)

2-3 teaspoons of Virgin Oil or Coconut Oil

Soy Sauce

White Wine Vinegar

Chicken or Vegetable Stock

1. Brown the mince in a little oil (olive or coconut oil), then add the Easy Ginger and Garlic
2. Add the cabbage and carrots, white wine vinegar and soy sauce and cook for a few mins
3. Add the stock and season with salt and pepper, then simmer
4. Add the spring onions and cook for a further 2-3 mins
5. Serve with rice or noodle

Enjoy!