



MONGOLIAN GROUND TURKEY STIR FRY RECIPE

446 Calories

Ingredient List

- 1 lb 93% lean / 7% fat ground turkey
- High-temp cooking spray (like avocado oil)
- 2-3 green onions
- 6 garlic cloves, minced
- 2 tsp ginger, minced
- 5 tbsp water
- 4 tbsp sugar-free maple syrup
- 3 tbsp soy sauce
- 1 tbsp sriracha
- 1 tbsp soy sauce
- 1/2 tbsp dark soy sauce
- 1/2 tsp chicken bouillion powder
- 1 tbsp cornstarch
- 3 cups of cooked jasmine rice (for serving)

Cooking Instructions

1. In a bowl, mix the water, sugar-free maple syrup, soy sauce, dark soy sauce, sriracha, chicken bouillon powder, and cornstarch until well combined.
2. Chop the green parts of the green onion into long strips and the whites into fine pieces.
3. Heat a pan to medium-high and coat with cooking spray. Add the ground turkey, let it cook for 1 minute undisturbed, then break into bits to cook until fully browned.
4. Remove the turkey from the pan and add more cooking spray. Toss in the garlic, ginger, and the finely chopped white parts of the green onions.
5. Sauté for about 45-60 seconds, give the sauce in the bowl a quick stir and pour into the pan.
6. Let the sauce bubble and thicken then add the ground turkey back into the pan. Toss in the sauce and coat well.
7. Turn off the heat and add in the green onion strips to mix with the meat.
8. Serve the ground turkey over jasmine rice and enjoy!

MACROS

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● Fat	13g
● Carbs	43g
● Protein	37g