

# Turkey & Broccoli Stir Fry

## Serves 2

3.5 oz. (100g) black rice noodles

7 oz. (200g) turkey fillet, chopped

1 broccoli, diced into florets

1 tbsp. olive oil

4 tbsp. soy or tamari sauce

2 tsp. sesame oil

1 tbsp. rice vinegar

1 tbsp. grated ginger

2 tbsp. spring onion, chopped

handful coriander, to serve

## What you need to do

1. Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.
2. In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).
3. In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.
4. Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.
5. Serve with chopped spring onions and coriander leaves.



GF	DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10mins	20 mins	494	16	56	42

\*Nutrition per serving

