



Body

Mind

Recovery

Nutrition

## Teriyaki Turkey Stir-Fry

Dairy Free

Gluten Free

Meal Prep/Freezer Friendly

Nut Free

High Protein

Serves  
4

Prep Time  
15 minutes

Cook Time  
20 minutes



### Ingredients

For the sauce:

- ½ cup (120ml) soy sauce or tamari
- ¼ cup (60ml) water
- 2 tbsp. red wine vinegar
- 2-3 tbsp. coconut sugar
- 1 clove minced garlic
- 1 tsp. ground ginger
- 1 tbsp. cornstarch (cornflour)
- 2 tbsp. warm water

For the stir-fry:

- 1 tbsp. coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 lb. (450g) ground (minced) turkey breast
- 1 head broccoli, separated into small florets



4 CU



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## Nutrition (Per Serving)

**Calories**

514

**Fats**

14 g

**Protein**

30 g

**Carbs**

73 g

## Instructions

1. To make the sauce, mix the soy sauce, water, red wine vinegar, sugar (start with 2 tablespoons and then taste for sweetness), garlic and ginger in a small pot/saucepan and place on the stove over a medium heat. Stir with a whisk until the sugar has dissolved.
2. In a cup, whisk together 2 tablespoons of warm water and the cornstarch.
3. Slowly whisk the cornstarch mixture into the pot with the sauce and allow to gently simmer until thickened. Remove from heat and set aside until needed.
4. Heat the oil in a large pot/saucepan over a medium-high heat. Cook the onion for 3-4 minutes, until softened then add in the ground turkey and garlic. Continue cooking for another 3-4 minutes.
5. Next add the grated carrots and broccoli florets and continue to cook until the turkey is cooked through, approximately another 3-4 minutes.
6. Finally add in the prepared sauce and simmer for about 5 minutes.
7. Serve with the cooked rice and garnished with green onions.