

Healthy turkey stir fry with noodles recipe

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

INGREDIENTS

2 portion(s)

- 3** turkey steaks thinly sliced (350g approximately)
- 120** of a savoy cabbage, thinly sliced
- 0.5** head of broccoli (120g), sliced
- 4** spring onions, sliced
- 1 piece** of ginger, peeled and thinly sliced then cut into matchsticks
- 250 g** of straight-to-wok udon or other noodles
- 1 tbsp** of coconut oil to cook
- 1 tbsp** black pepper to season

For the stir-fry sauce:

- 1 tsp** of cornflour
- 1 tbsp** of almond butter
- 2 tbsp** [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#)
- 75 ml** of chicken stock
- 0.5** lime (juice)

PREPARATION

Step 1

To make the sauce, mix the cornflour with a splash of chicken stock to form a liquid. Add the remaining ingredients and stir well. Set aside until you make the rest of the stir-fry.

Step 2

Heat the coconut oil in a large frying pan on a medium-high heat. Throw in the turkey and cook for a couple of minutes until it's starting to colour.

Step 3

Add in the broccoli, ginger and spring onion, season well with freshly ground black pepper and cook for another couple of minutes, stirring occasionally.

Step 4

Add the cabbage and cook for a further 2 minutes.

Step 5

Stir in the sauce, adding a splash or two of extra chicken stock if required.

Step 6

Finally stir in the noodles and cook for a minute to bring it up to temperature.

Step 7

Serve immediately.

