KIKKOMAN

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
	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.