

Asian Turkey Bowls

By: Chef Will Coleman | September 10, 2017 | chefwillcoleman.com



Makes 4 Bowls | 5 minutes- prep time | 20 minutes- cook time | 25 minutes- total time

What you need:

- 1 tablespoon oil
- 1 lb. lean ground turkey or chicken
- 1/2 cup green onion, sliced
- 1 tablespoon garlic, minced
- 6 ounces sugar snap peas
- 4 tablespoons low sodium soy sauce
- 1/4 cup stir fry sauce
- 1/4 cup water
- 2 tablespoons sesame seeds

How to make it:

In a small bowl, mix together the soy sauce, stir fry sauce, water, and the sesame seeds.

Preheat a wok or heavy bottomed pan over medium heat on a stove.

Pour in one tablespoon of oil. Choose an oil with a high smoking point, such as avocado oil (refined), almond oil, corn oil, canola oil, grapeseed oil, peanut oil, safflower oil, sesame oil and sunflower oil.

Once the oil has come to heat, add in your ground meat. Break up the meat with the back of a wooden spoon until it becomes crumbles and fully cooked.

Now that the meat is fully cooked, toss in your sliced green onions and sugar snap peas.

Toss together the meat and vegetables until they become tender.

Once the vegetables are tender, you can go ahead and pour in your stir fry sauce.

Turn off the heat at this point, to avoid burning the sauce and continue to toss together until everything is fully coated.

Serve with brown rice, noodles, or additional vegetables.