



Turkey Stir Fry with Egg Fried Spinach & Rice

Serves -	4
Energy -	439Kcals
Protein -	33.9g
Fat -	21.8g
Sat Fat -	3.9g
Carbs -	26.7g
Sugars -	6g
Salt -	2.2g
Fibre -	1.9g
Prep-	20 mins
Cooking-	15 mins



Ingredients:

- 350g-450g British turkey breast, cut into 2cm strips
- 6 tbsp olive oil
- 1 small onion, finely chopped
- 2 x 250g packs microwavable brown basmati rice
- 2 eggs, beaten
- 50g baby leaf spinach
- Salt and pepper
- 4 tbsp reduced-salt soy sauce or tamari (if you want gluten free)
- 4 tbsp tomato ketchup
- 4 tbsp any vinegar

Method:

Heat 2 tbsp of the oil in a wok or frying pan, then add the onion and cook for 3-4 minutes over a high-ish heat until the onion softens and takes on a little colour.

Heat the packs of rice for 2 minutes, then crush the bags slightly, to break up the rice and set aside.

Once the onions are cooked, spoon them out of the pan, set aside and heat 2 more tbsp of oil. Once hot pour in the beaten egg and stir very quickly, so the eggs cook and break up. Cook until dry. Add the spinach to the cooked egg, then return the cooked onions to the pan and warm through until the spinach wilts. Add the heated rice, stir together and season well with salt and pepper.

Meanwhile, heat the last 2 tbsp of oil and add the turkey. Cook over a high heat for 2 minutes. Add the soy sauce (or tamari), ketchup and vinegar and cook until the turkey is cooked through (take care not to overcook it). Season well with salt and pepper.

Spoon the egg rice into deep bowls and top with the turkey and sauce.

Copyright Phil Vickery