



Citrus Spiced Turkey Bowls

4 servings

30 minutes

Ingredients

- 4 cups Green Beans (trimmed)
- 1 Navel Orange
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Sesame Oil
- 600 grams Extra Lean Ground Turkey
- 1 tbsp Ginger (peeled and grated)
- 1/4 cup Orange Juice
- 1 Red Hot Chili Pepper (minced)
- 2 Garlic (cloves, minced)
- 1/4 cup Coconut Aminos (or tamari)
- 4 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	366
Fat	20g
Carbs	18g
Fiber	4g
Sugar	12g
Protein	31g
Cholesterol	111mg
Sodium	383mg
Vitamin A	1504IU
Vitamin C	59mg
Calcium	96mg
Iron	3mg

Directions

- 1 Preheat your oven to 375°F (191°C).
- 2 Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
- 3 Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
- 4 To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.

Vegetarian: Use scrambled eggs instead of turkey.