Dinner, Asian

Ground Turkey Stir-Fry with Kale and Peanuts

Lean ground turkey is browned with garlic, then tossed with zucchini, carrots, and kale in a sweet and tangy sauce. Serve it over brown rice with chopped peanuts on top for crunch.



Gluten free | Dairy free

30 min	380	35 g	4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tbsp coconut aminos
- [ ] 3 tbsp avocado oil
- [ ] 1 tbsp sugar-free maple syrup with monk fruit
- [ ] 1 tbsp lime juice
- [ ] pinch chili flakes
- [ ] 12 oz lean ground turkey
- [ ] 2 clove garlic (finely chopped)
- [ ] 1 large zucchini (sliced into half moons)
- [ ] 1 cup carrots (shredded)
- [ ] 4 cup kale (chopped)
- [ ] 2 cup brown rice (cooked)
- [ ] 1/4 cup unsalted roasted peanuts (chopped)

Method

- [ ] **1** Whisk the coconut aminos, 1 tbsp avocado oil, sugar-free maple syrup with monk fruit, lime juice, and chili flakes in a small bowl, then set the sauce aside.
- [ ] **2** Warm the remaining 2 tbsp avocado oil in a large skillet over medium heat, then crumble in the lean ground turkey with the finely chopped garlic. Cook, stirring now and then, until the meat is browned and cooked through, about 8-10 minutes.
- [ ] **3** Stir the zucchini and shredded carrots into the skillet and cook for 2-3 minutes. Add the chopped kale and keep cooking for 1-2 minutes until it begins to soften.
- [ ] **4** Pour the reserved sauce over the turkey and vegetables, stir until everything is evenly coated, and cook 2 more minutes so the kale wilts fully.
- [ ] **5** Spoon the stir-fry over the cooked brown rice and scatter the chopped unsalted roasted peanuts on top to serve.

Nutrition Facts

Per serving

Calories	**380**
Total fat	16 g
Saturated fat	2 g
Sodium	220 mg
Total carbs	35 g
Fiber	5 g
Total sugars	4 g
Protein	25 g

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