

Turkey and pepper stir fry

Turkey is a great choice for this quick and easy stir-fry, it's low in fat and set off by the sweet citrus tang of oranges.



Serves: 1

Time: 20 minutes

Ingredients

- 2 teaspoons oil
- 1 clove garlic, crushed
- 75g turkey, diced
- 1/2 red pepper, sliced
- 1/2 green pepper, sliced
- 1 spring onion, sliced
- 1.5 teaspoons of reduced salt soy sauce
- 2 tablespoons water
- 1 tablespoon orange juice
- 1 teaspoon ground ginger (optional)
- half a cup brown rice or 1 block of noodles

Method

1. Heat the oil in a large frying pan and fry the garlic and turkey over a medium heat for 5 minutes, stirring constantly.
2. Add the peppers and onions and fry for another minute, until soft. Next stir in the soy sauce, water, orange juice and ground ginger and cook for a further 3 to 4 minutes over a medium heat.
3. Serve with brown rice or noodles.

Handy tip: For a vegetarian stir fry, substitute the turkey with your favourite vegetables for example, carrots cut finely, courgettes, peppers and mushrooms.

Nutritional Information

| Each serving provides | Amount in grams |
|-----------------------|------------------------------|
| Energy | 1455 kilojoules/346 calories |
| Fat | 10 |
| Saturates | 1.8 |
| Sugar | 8 |
| Salt | 1.1 |

Typical values per 100g: Energy 329kJ/78 kilocalories

The nutritional information stated above is based on each serving of Turkey and Pepper Stir Fry and excludes accompaniments.

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