



Hot and Sour Turkey and Green Bean Stir-Fry

1 tbsp canola oil
454g ground turkey
200g green beans, trimmed and cut into 1" pieces
1 tbsp brown sugar
3 tbsp water
2 tbsp soy sauce
2 tbsp apple cider vinegar OR white wine vinegar OR lime juice
2 tbsp hot sauce
2 tsp sesame oil
1 tsp cornstarch
2 green onions, sliced
¼ cup chopped fresh cilantro

Optional: 1 tbsp toasted sesame seeds

1. Add canola oil to a large skillet over medium-high heat. Add the ground turkey and use a wooden spoon to break up the turkey as it cooks. Cook for 3min stirring occasionally.
2. Add the green beans and cook until the beans are tender-crisp, about 5min.
3. Stir together the brown sugar, lime juice, hot sauce and sesame oil. Turn the heat down to low and pour the mixture into the pan, stirring to combine.
4. Stir in green onions and cilantro and garnish with sesame seeds if using.

TIP: Add a fried egg to the top for a heartier meal.