

Asparagus Turkey Stir-Fry

Meal time: Dinner

Meal course: Main

Meal type: Meat

Difficulty: Easy

Servings: 4

Total time: 20 minutes

Ingredients

450 g turkey breast tenderloins, cut into 1 ½ cm strips (or chicken)
 1 jar (50 g) sliced pimientos, drained
 2 teaspoons corn starch
 60 ml chicken broth
 450 g fresh asparagus, trimmed and chopped
 1 tablespoon lemon juice
 2 tablespoons canola oil, divided
 1 teaspoon soy sauce
 1 garlic clove, minced

Nutrition Facts

	Amount per serving
Calories	332
Total Fat	17.7g
Saturated Fat	3.6g
Cholesterol	99 mg
Sodium	719 mg
Total Carbohydrate	7 g
Dietary fibre	2 g
Total Sugars	3 g
Protein	36 g
Vitamin D	17 IU
Calcium	48 mg
Iron	4.21 mg
Potassium	708 mg

Instructions

1. Combine 1 teaspoon soy sauce, 1 tablespoon lemon juice, chicken broth, and 2 teaspoons corn starch in a medium bowl until smooth and set aside.
2. Stir-fry turkey in a skillet along with garlic in a tablespoon of oil until meat is cooked through and no longer pink. Once done, remove from pan.
3. Add remaining oil to the same pan and stir-fry asparagus until crisp-tender. Add in sliced pimientos.
4. Stir mixture of broth and pour in the pan. Cook until thickened for a minute or two.
5. Transfer turkey back to the pan and cook until warm.
7. Serve and enjoy!

Notes: this is a great low carb and high protein. It is also loaded with vitamins and is suitable for meal prepping.