



Turkey and pepper stir-fry

Serves: 1

Time

20 minutes



Ingredients

- 2 teaspoons sunflower oil
- 1 clove garlic, peeled and crushed
- 75g turkey, diced
- ½ red pepper, sliced
- ½ green pepper, sliced
- 1 spring onion, sliced
- 2 teaspoons soy sauce
- 2 tablespoons water
- 1 tablespoon orange juice
- 1 teaspoon ground ginger (optional)
- ½ cup white rice

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 spring onions and fry for another minute, until soft.
3. Next, stir in the soy, water, orange juice and ground ginger and cook for a further 3-4 minutes over a medium heat.
4. Cook the rice according to the packet instructions and serve with the stir-fry.

Other options

For a vegetarian stir-fry, substitute the turkey with your favourite vegetables – eg carrots cut finely, courgettes and mushrooms.