



Thai Basil Turkey with Bok Choy & Rice

4 servings
25 minutes

Ingredients

- 1 cup Jasmine Rice (dry)
- 1 tbsp Coconut Oil
- 2 Thai Chili (stems removed and finely sliced)
- 6 stalks Green Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Raw Honey
- 3 tbsps Tamari
- 1 cup Basil Leaves (fresh, chopped)
- 2 tsps Sesame Oil
- 4 cups Bok Choy (sliced in half lengthwise)

Directions

- 1 Cook the rice according to the instructions on the package and set aside.
- 2 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 3 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 4 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

Notes

No Rice: Use quinoa or roasted potatoes instead.

Storage: Store in an airtight container in the fridge up to 3 days.

Low Carb: Use cauliflower rice instead of jasmine rice.

Make it Faster: Use green peas instead of bok choy.

No Thai Chili: If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

Reheating Leftovers: Saute in a skillet until warmed through.

Vegan & Vegetarian: Replace the ground turkey with roasted chickpeas or warm lentils.