



B.PRO

Wok-fried turkey strips with nuts

Ingredients:

2 small turkey breasts, approx. 700 g
 4 tbsp light soy sauce
 2 tbsp runny honey
 2 bunches spring onions
 150 g cashew nuts, salted
 Salt
 Pepper
 3 tbsp oil

Accessories:

Induction wok
 Induction hob
 Griddle

Preparation:

Slice the turkey breast into strips against the grain. Then slice into 1-cm strips.
 Mix together the soy sauce and honey. Marinate the turkey strips in the mixture for approx. 20 mins. Wash the spring onions and cut into pieces of approx. 4 cm.
 Heat 2 tbsp of oil in the wok. Remove the meat from the marinade and fry in the hot oil on all sides.
 Remove the meat. Heat 1 tbsp of oil and fry the spring onions for 1-2 mins.
 Add the cashew nuts and fry for another 1 min.
 Add the meat strips and some marinade if necessary, and heat through briefly.

Notes:

Serve with Basmati rice or Mie noodles.

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: approx. 450

Powered by:

998 g CO₂ per person

37 % less CO₂ than the average when preparing this recipe.

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