

Citrus Spiced Turkey Bowls

12 ingredients · 30 minutes · 4 servings



Directions

1. Preheat your oven to 375°F (191°C).
2. Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
4. To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days.

Vegetarian

Use scrambled eggs instead of turkey.

Ingredients

- 4 cups** Green Beans (trimmed)
- 1** Navel Orange
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Sesame Oil
- 1 lb** Extra Lean Ground Turkey
- 1 tbsp** Ginger (peeled and grated)
- 1/4 cup** Orange Juice
- 1** Red Hot Chili Pepper (minced)
- 2** Garlic (cloves, minced)
- 1/4 cup** Coconut Aminos (or tamari)
- 4 stalks** Green Onion (sliced)