

# Chinese Turkey Stir-Fry

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-chinese-vegetable-stir-fry-recipe>

## Ingredients:

- 2 tablespoons sesame oil
- 1 pound ground turkey
- 1 package veggies Asian stir-fry, You can find this at Trader Joes. If you don't have one close by, use broccoli, carrots, onion, bok...
- 2 garlic cloves minced
- 1/4 cup coconut aminos
- 1 tablespoon fish sauce Red Boat
- 1 1/2 tablespoons fresh ginger minced, or 2 tsp powdered ginger
- 1/2 teaspoon sea salt more to taste
- 1/2 teaspoon black pepper
- 1 tablespoon red pepper flakes more or less, to taste. I like it pretty spicy ?

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 90 milligrams
4. Fat: 16 grams
5. Protein: 20 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 750 milligrams

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