



REDUCED CARBOHYDRATE MEAL

Spicy lean turkey mince

INGREDIENTS (1 serving)

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FREEZABLE

- 10g (0.4oz) coconut oil
- 285g (10oz) ground turkey breast mince – under 8% fat
- 55g (2oz) white onion, diced
- 80g (2.8oz) red bell pepper, chopped
- 1 garlic clove
- 50g (1.7oz) Thai red curry paste
- 1 stock cube
- a handful of fresh cilantro - optional
- 85g (3.1oz) avocado
- 85g (3oz) sour cream
- 1 lime, juice
- 170g (5.9oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)

Another great batch cooking dish – this one has a little kick to it with the curry paste but don't panic the fire brigade are on call with the sour cream and avocado. When you are stuck for a meal make sure you have bags portioned and frozen ready to whack in the microwave.

METHOD

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Use half the coconut oil for this section, heat the coconut oil in a large saucepan over a high heat. Add half the mince and fry for 2-3 minutes, stirring to break up the chunks, cook until nicely browned. Tip out onto a plate, then repeat with the rest of the mince.

When the mince has all been browned, wipe out your pan and heat the remaining oil over a medium to high heat. Add the onion, peppers and garlic and cook, stirring regularly, for about 5 minutes – by which time the vegetables should have started to soften and color a little. Throw the mince back into the pan and add the curry paste, stock cube and enough water to make a nice sauce. Bring the mix to the boil then simmer for 5 minutes. Finally stir through your fresh cilantro.

When the mince is ready serve with fresh avocado, a nice dollop of sour cream, a squeeze of lime and a portion of your favorite green vegetables steamed, blanched or boiled.