



**CARBOHYDRATE REFUEL MEAL**  
**POST WORKOUT**

## Fragrant rice with aromatic turkey

### INGREDIENTS (1 serving)

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#### FREEZABLE

- 10g (0.4oz) coconut oil
- 320g (11.3oz) turkey breast, diced
- pinch of Chinese five-spice powder - optional
- 10ml (0.4 fl. oz) low sodium soy sauce
- 255g (9.1oz) pre-cooked brown rice or 95g (3.3oz) uncooked brown rice
- 2 scallions, roughly chopped
- small handful of fresh cilantro, roughly chopped
- 145g (5.2oz) green vegetables (spinach, kale, broccoli, pea pods or green beans)
- 10g (0.4oz) sesame seeds, toasted

This is a sure fire winner, one to double up and make a big batch ready for the next few days. Enjoy as a hot or cold rice salad – great one for the lunch box.

### METHOD

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Heat the coconut oil in a wok or large frying pan over a high heat. Add the turkey breast and fry for about 3-4 minutes or until the turkey is cooked through. Now add the Chinese five-spice and soy sauce, toss around the pan to make sure all the turkey pieces are coated.

Ping your rice in the microwave for 1-2 minutes or until piping hot, then stir through your scallions and cilantro.

Steam, blanch or boil a portion of your favorite greens. Pile on the plate with your rice and turkey mix then top everything with a sprinkle of sesame seeds.