

# Recipes and Tips



## Minced Turkey and Brussel Sprouts

450g Minced Turkey  
280g Brussels Sprouts, thinly sliced  
1 Tablespoon Olive Oil

### For the Sauce

80g Balsamic Vinegar  
3 Tablespoons Honey  
2 Tablespoons Whole Grain Mustard  
1/2 teaspoon Black Pepper  
1/2 teaspoon Kosher Salt

Mix the sauce ingredients together. Set aside.

Heat a large skillet over medium-high heat. Add the olive oil and the brussels sprouts, Sauté for 4-5 minutes and transfer to a bowl.

Add the minced turkey to the skillet. Brown one side until golden brown before breaking apart and fully cooking.

Add the sauce to the cooked turkey, stirring everything together. Cook until the sauce thickens, about 1-2 minutes, before turning off the heat and adding the brussels sprouts.

Salt and pepper to taste. Serve over rice.