

# Recipes and Tips



## Teriyaki Turkey Rice Bowls

4 servings

### Teriyaki Sauce

118 ml Soy Sauce  
60 ml water  
2 tablespoons Red Wine Vinegar  
2 tablespoons Brown sugar or less  
2 tablespoons Granulated sugar or less  
2 teaspoons Minced garlic  
1 teaspoon Ground ginger  
1 tablespoon cornflour  
2 tablespoons warm water

### Turkey

1 tablespoon Vegetable oil  
50 gr diced onion  
2 tablespoons minced garlic  
450 gr turkey mince  
96 gr broccoli finely chopped  
2 Large carrots peeled and grated

### Serve with

White or brown rice

### Teriyaki Sauce

- In a small bowl, whisk together cornflour and warm water until cornflour is completely dissolved. Set aside.
- In a small saucepan over medium heat, gently whisk soy sauce, water, red wine vinegar, sugars, minced garlic and ground ginger until sugars are completely dissolved.
- Slowly whisk in cornstarch mixture and simmer until thickened. Remove from heat and set aside.

### Turkey

- Heat vegetable oil in a large skillet over medium-high heat. Add diced onions and cook, stirring frequently, until softened.
- Stir in minced garlic. Add turkey mince and break apart. Cook, stirring occasionally, until turkey is cooked about halfway through; 4-5 minutes. Add grated carrots and chopped broccoli and continue to cook until turkey is no longer pink and vegetables are soft; 5-6 minutes.
- Pour teriyaki sauce over the turkey and vegetables and stir. Simmer for about 5 minutes.
- Divide cooked rice into bowls then top with the teriyaki turkey.