



# Teriyaki Turkey in Ginger-Lemon Sauce

Total: 48 min · Prep: 16 min · Cook: 32 min · 1 servings · Easy · Lunch

Dairy-Free

## INGREDIENTS

50 g Rice

160 g Chicken/turkey breast

3 tbsp Teriyaki sauce

85 g Large orange, peeled

1 tsp Oil

100 g Green beans

to taste Ginger, garlic, lemon juice, salt —  
за бажанням

## INSTRUCTIONS

- 1 Cook rice according to instructions. Place the cooked rice on a plate.
- 2 Heat oil in a pan, dice the turkey and fry on all sides until browned for 7 minutes. Add orange pieces (diced), grated ginger, garlic, lemon juice, teriyaki sauce, spices and simmer covered for 7 minutes on medium-low heat. Add a little water if needed for desired consistency. Place everything from the pan onto the rice.
- 3 Then boil frozen green beans for 7-10 minutes on medium heat. Place on the plate with the rice.

**Nutrition per serving: 556 kcal · Protein 43.0 g · Fat 16.0 g · Carbs 53.0 g · Fiber 5.4 g**