



TAMARI-MUSTARD TURKEY SAN CHOY BAU



LifeShape Clinic

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INGREDIENTS (SERVES 2)

2 garlic, minced
2 radishes, sliced
180g turkey breast, cubed
1 tbsp soy sauce
2 tbsp parsley, chopped
1 head of iceberg lettuce
1/2 avocado, smashed
1 tbsp sesame seeds
Tamari-Mustard Dressing
2 tbsp Dijon mustard
1 1/2 tbsp tamari sauce
1 tsp sesame oil
1 tbsp spring onions,
chopped
1/4 cup water

METHOD

1. Heat a large non-stick frying pan over medium heat. Add garlic and sauté until golden. Add the turkey and soy sauce to the pan and cook until brown, about 5 minutes. Stir in radish and set aside.
2. Meanwhile, gently pull about 6 lettuce cups away from the head of lettuce. Set aside.
3. To make the dressing, whisk all ingredients in a small bowl.
4. To serve, divide turkey mixture between lettuce cups, drizzle with dressing, a dollop of avocado, and sprinkle with sesame seeds.

Nutrition Guide

PER SERVE

Energy (cal)	400cal
Protein	21.7g
Fat	25.4g
Saturated Fat	5.7g
Carbohydrate	17.3g
Sugar	13.3g
Sodium	2032mg
Fibre	9.7g

RECIPE VARIATION

1200

Dinner Requirement: 370 - 400 cal
Meets Requirements: Yes
Total Meal Calories: 400 cal

1500

Dinner requirement: 420 - 450 cal
Meets requirements: No
Recommendations: Increase turkey to 220g
Total meal calories: 430 cal

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