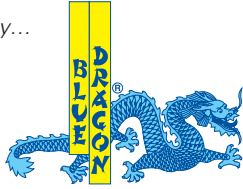


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## Stir-fried turkey with sesame seeds

Serves 4-6

2tbsp olive oil

4 turkey breasts, cut into strips

450g jar Blue Dragon Stir-Fry Vegetables

250g jar Blue Dragon Bean Sprouts

1 tin Blue Dragon water chestnuts, sliced

125ml Blue Dragon Orange and Ginger

stir-fry sauce

80g cashew nuts

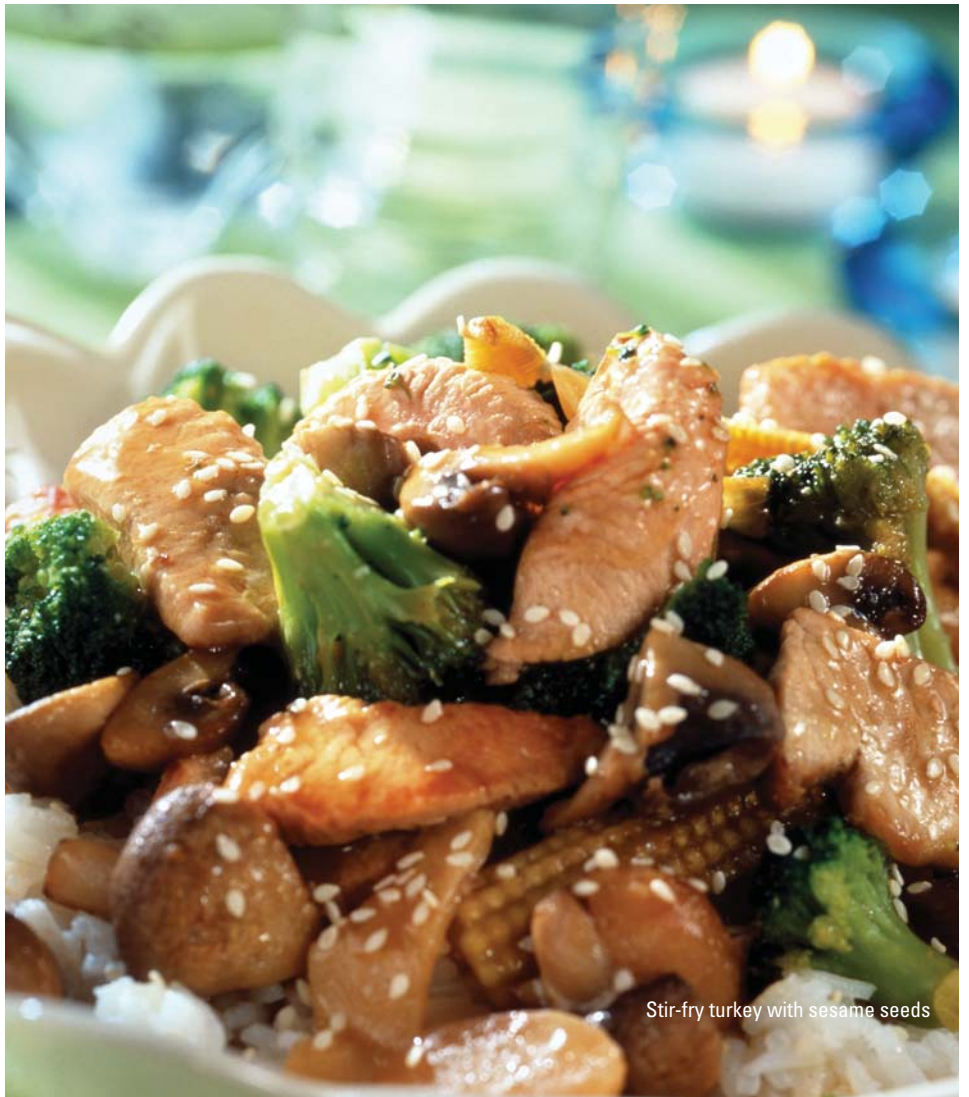
80g sesame seeds

To serve

Rice

- 1 Heat the oil in a wok or a large frying pan and fry the turkey until it is cooked.
- 2 Add the stir-fry vegetables, bean sprouts and water chestnuts. Fry until tender and crisp.
- 3 Add the stir-fry sauce, nuts and sesame seeds. Stir and heat through for four to five minutes.
- 4 Serve with rice.

Fat	24g	Carbs	35g	Energy	482kcal
Protein	33g	Sodium	.1g	Fibre	3g



Stir-fry turkey with sesame seeds