

LighterLife Management

Week 5 Recipes:

Turkey and cranberry stir-fry with toasted pine nuts

Cook this up in minutes for a healthy, veggie-packed lunch or dinner.

Serves: 1

Nutrition per serving:

374 kcal, 31g protein, 41g carbs, 10g fat, 5g fibre

Ingredients:

- 100g turkey breast, cut into strips
- 60ml chicken stock
- 1 celery stick, thinly sliced
- ½ small red onion, thinly sliced
- 1 clove garlic, crushed
- 30g dried cranberries
- ½ red pepper, finely chopped
- 40g mangetout
- 80g chestnut mushrooms
- 1 tbsp soy sauce
- 1 tsp Worcestershire sauce
- 40g baby leaf spinach
- 1 tbsp pine nuts

Method:

1. Stir-fry the turkey in a splash of stock in a non-stick saucepan or wok for 5 mins.
2. Add the celery, onion, garlic, cranberries, pepper, mangetout, mushrooms, soy sauce, Worcestershire sauce and remaining stock, bring to the boil then simmer gently until the vegetables are tender.
3. Meanwhile, dry-fry the pine nuts in a hot, non-stick pan for 1-2 mins, until starting to turn golden.
4. Add the pine-nuts to the stir-fry along with the spinach and cook for about 1 min, until the spinach is just wilting.

Tips:

- Add in some noodles for a more substantial meal.