

GARLIC TURKEY AND CAULIFLOWER



SERVING SIZE

4



INGREDIENTS

ITEM

Ground turkey
Cauliflower florets (precooked)
Lemon juice
Oil
Garlic, minced
Onion powder
Low-sodium soy sauce

QUANTITY

1 lb
8 cups
1 tbsp.
1½ tbsp.
2 tbsp.
1 tbsp.
¼ cup

ITEM

Hot sauce
Sesame oil
Water
Fresh parsley, chopped (for garnish)
Red chili pepper flakes
Lemon slices (for garnish)

QUANTITY

2 tbsp.
2 tsp.
¼ cup (60 ml)
As needed
To taste
As needed



PREPARATION

- Heat oil in a large skillet over medium-high heat.
- Add ground turkey and cook for 5–6 minutes, breaking it apart with a spoon until browned and fully cooked.
- Add minced garlic and cook for 30–60 seconds until fragrant.
- Stir in onion powder, soy sauce, hot sauce, sesame oil, lemon juice, and water. Mix well.
- Add precooked cauliflower florets and toss to coat with the sauce. Cook for 3–4 minutes until heated through.
- Sprinkle with red chili pepper flakes and garnish with fresh parsley and lemon slices.
- Serve warm.