

Turkey breast, teriyaki marinade, vegetable fried rice

Recipe for 4

Description

Quebec turkey is visiting Asia in this classic flavor profile accompanied by vegetable fried rice.

Ingredients

Rice

- 300 Ml Basmati rice
- 450 Ml Water

- Salt and pepper
- Vegetable oil

Turkey and garnishes

- 2 Unit(s) Turkey breast
- 250 Ml Teriyaki sauce
- 3 Unit(s) Carrot
- 2 Clove(s) Chopped garlic
- 1 Unit(s) Onion
- 2 Unit(s) Broccoli

- Salt and pepper
- Vegetable oil

Plating

- 5 Sprig(s) Fresh cilantro
- 4 Tbsp White and black sesame seeds

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **375 F°**

Preparation

Cut the turkey breasts into cubes and in a mixing bowl combine the turkey and teriyaki sauce and let rest in the fridge for roughly 1 hour.

Peel the carrots and cut them into small cubes.

Remove the florets from the broccoli and make sure they are bite sized.

Peel and mince the onion.

The rice

Rinse the water twice under cold water. Bring to a boil with the measured water and cook for 15 minutes on medium-low heat.

Turkey and garnishes

In a hot wok or skillet with vegetable oil, sear the turkey cubes and season with salt and pepper. Transfer the turkey to a baking sheet and finish cooking through for 5-10 minutes depending on their size.

In the meantime, in the same wok, sweat the onions and then add the carrots and cook for 2 minutes and then add the broccoli. Cook until the vegetables are tender.

Taste and season if necessary. Add the basmati rice and gently combine.

Plating

In a bowl, make a nice bed of rice on the bottom. Top with the turkey teriyaki and garnish with roasted sesame seeds as well as cilantro leaves.

Bon appétit!