

Basil Stir Fry Turkey Mince

Makes: 4

Ingredients

3 tablespoons oil
1 fresh chilie (de seeded if desired) and thinly sliced
3 shallots, thinly sliced
2 cloves garlic, sliced
1 pound ground chicken or turkey mince
1 teaspoons Xylitol
2 tablespoons soy sauce
1 tablespoon fish sauce
1/3 cup low sodium chicken broth
1 bunch basil leaves



Instructions

In a wok over high heat, add the oil, chilies, shallots and garlic, and fry for 1-2 minutes. Add the ground chicken/turkey and stir-fry for 2 minutes, breaking up the chicken into small bits.

Add the xylitol, soy sauce, and fish sauce. Stir-fry for another minute and deglaze the pan with the broth. Because your pan is over high heat, the liquid should cook off very quickly.

Add the basil, and stir-fry until wilted. Serve hot or cold with salad or stir fried veg.

Nutrition information:

Each Serving:

Kcal	175
Fat	0.6g
Net Carbs	0.4g
Protein	31g