

Teriyaki Turkey Rice Bowl

(Use of Pure & Simple® Ripe Plantain Rounds)



Servings: 4



Total Time: 20 min.



Level: Beginner

INGREDIENTS

- 2½ tbsp. Canola Oil
- 1 lb. ground turkey
- 1 tsp onion powder
- 2 garlic cloves, minced or pressed
- 1½ cups fresh broccoli florets
- ¾ cup carrots, thinly sliced

INGREDIENTS (continued)

- 1 cup TIO JORGE® Pineapple Tidbits
- ¼ cup Teriyaki Sauce
- 12 Pure & Simple® Ripe Plantain rounds
- Chopped green onions, for garnish
- Jasmine Rice

INSTRUCTIONS

1. In a large skillet over medium-high heat add ½ tbsp. of canola oil. When the oil is shimmering add the ground turkey, onion powder and garlic.
2. Cook until the meat is no longer pink.
3. Add the carrots, broccoli and TIO JORGE plantain tidbits; stir well.
4. Pour teriyaki sauce over cooked meat mixture and stir. Simmer for 8 minutes.
5. While it is simmering heat a medium sized pan over medium high heat.
6. Once the oil is hot add in the plantains.
7. Cook for 3 minutes and then flip the plantain pieces over.
8. Cook for another 3 minutes and remove from the pan. Place on a paper towel lined plate to absorb any excess oil.
9. To serve place the jasmine rice in a bowl and top with ground turkey mixture. Add 3 plantain rounds per bowl and garnish with green onions.