

# Teriyaki Turkey Bowl with Mixed Vegetables and Sweet Plantain Rounds

(Use of Pure & Simple<sup>®</sup> 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
- ¾ cup Teriyaki Sauce
- Chopped green onions, for garnish
- Jasmine Rice
- 12 Pure & Simple<sup>®</sup> Ripe Plantain rounds
- 1 cup TIO JORGE<sup>®</sup> Pineapple Tidbits

## 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.