

Chili Crisp Protein Power Bowl

This savory and sweet Chili Crisp Protein Bowl is a perfect balance of bold flavor and nourishment. Made with lean ground turkey and packed with anti-inflammatory ingredients, it's a high-protein, nutrient-dense meal that doesn't skimp on taste. This dish is a deliciously satisfying way to fuel your body while keeping things exciting in the kitchen!

INGREDIENTS

3 cups cooked rice noodles, about 4 pats
1 tablespoon toasted sesame oil, for coating noodles
2 tablespoons peanut oil or other vegetable oil
2 cloves garlic, minced
1 teaspoon fresh ginger root, minced
1 1/2 lbs. ground turkey meat, white or dark meat
1 tablespoon chili crisp
1 1/2 tablespoons soy sauce
1 teaspoon agave syrup
1 bunch scallions, thinly sliced
1/2 cup cilantro, rough chopped
2 cups Napa cabbage, shredded
2 teaspoons black sesame seeds, for finish

STEP 1

Cook noodles as per directions on package. Once cooked and drained, place back in pot and coat with toasted sesame oil.

STEP 2

To make the turkey, heat oil on medium in large pan. Add garlic and ginger and cook until golden brown. Then add turkey meat and break into small pieces with a fork or other utensil. Let cook for 3-4 minutes making sure to stir so turkey gets cooked through.

STEP 3

Add the chili crisp, soy sauce, agave and mix well. Cook for another 5 minutes. The turkey should begin to brown.

STEP 4

Add the scallions and mix well. Let cook for another 3-4 minutes.

STEP 5

While the turkey is finishing, prepare your bowl by adding noodles, 1 cup of shredded Napa cabbage, then the turkey. Finish with black sesame seeds. Repeat for the second bowl.

SERVES

2

TIME

🕒 30m

SHOPPING LIST

4 pats rice noodles
toasted sesame oil
peanut oil or other vegetable oil
1 head garlic
1 nob fresh ginger root
1 1/2 lbs. ground turkey meat
chili crisp
soy sauce
agave syrup
1 bunch scallions
1 bunch cilantro
1 head Napa cabbage
black sesame seeds, for finish

EQUIPMENT

Small pot with cover
Sauté pan

STORAGE

Store meat in the fridge for 3-4 days