



Orange Laced Minced Turkey

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

250g lean turkey mince
200g can of cannellini beans
Half small red onion
4 tbsp frozen garden peas
6-10 cherry tomatoes, halved
Juice and zest of half an orange
2 tbsp oyster sauce
1 tbsp cornflour
Half tsp chinese five spice
Dash of oil

Instructions

- 1) Marinade the mince in a mixture of the oyster sauce, cornflour, spice and oil for at least 15 minutes.
- 2) Fry the onions, then add the mince and leave to brown over a low heat.
- 3) Add the cannellini beans, tomatoes and peas and mix in for about 5 minutes.
- 4) Add the orange juice and zest, cover and leave to cook for about 15 minutes until everything is heated through.
- 5) Serve with steamed rice.