

Post-Workout Recipe: Tandoori Masala Turkey with Vegetable Rice



Nutrition Facts

Amount Per Serving

Calories	573 kcal
Protein	53.2g
Carbohydrate	68.9g
Fat	8.6g
Dietary Fiber	5.5g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 180g Turkey
- 80g Basmati rice
- 30g Carrot
- 30g Pea
- 30g Onion
- 30g Pole beans
- 10ml Soja sauce
- Tandoori Masala
- Pepper
- Salt

Preparation:

Cut the vegetables into small pieces. Boil basmati rice in 160ml of salted water (ratio 2:1) for about 12 minutes (until the water is gone). Roast the vegetables and turkey for about 12-15 minutes (low heat) and flavor it with a bit of salt, pepper, and Tandoori Masala. Mix vegetables and basmati rice and add a bit of soja sauce. Serve turkey with vegetable rice. Enjoy and stay fit!



Product recommendation for this Fitness Recipe: