Main dishes / Japan

turkey breast and courgette skillet · Japan

A savoury Japan-inspired Studio variation with courgette, turkey breast and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g turkey breast
- ☐ 180 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g courgette
- ☐ 25 g white miso paste
- ☐ 10 g sesame seeds

Let's make it.

01 Clean the courgette and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the courgette and cook for a few minutes.

03 Add the stock, cover and simmer for 7 minutes until the vegetables are tender.

04 Cook the turkey breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine the cooked main ingredient with the vegetables. Stir in the white miso paste, finely grated fresh ginger, sesame seeds and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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