

Korean-Inspired Turkey Meal Prep Bowls

These ground turkey meal prep bowls have a delicious Korean-inspired sauce! Packed with flavor and under 400 calories per bowl, you can prep this recipe on the weekend for healthy and delicious lunches through the week.



Prep Time	Cook Time	Total Time
20 mins	20 mins	40 mins

Course: Lunch Cuisine: Korean Servings: 4 Calories: 380kcal

Equipment

- [2 Cup Meal Prep Containers](#)

Ingredients

- 1 tablespoon olive oil $\frac{3}{4}$ cup
- uncooked rice 2 cups cooked 1 head
- broccoli chopped into florets

Turkey

- $\frac{3}{4}$ lb lean ground turkey see note 1
- 4 cloves garlic minced
- 1 tablespoon ginger finely chopped

Sauce

- 3 tablespoons honey see note 2
- 3 tablespoons soy sauce see note 3
- 1 $\frac{1}{2}$ teaspoons sesame oil
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{8}$ teaspoon pepper

Garnish

- green onions (optional)

Instructions

1. Cook rice according to package directions. Portion out into four 2-cup capacity meal prep containers and allow to cool.
2. Shake up all sauce ingredients and set aside.
3. Heat oil in a large pan over medium heat. Add the broccoli and cook for 5 or so minutes, until slightly softened. Remove from heat and divide between meal prep containers.
4. Add turkey to pan. Cook, breaking it up with a spatula, for 5-8 minutes, until completely cooked through and no longer pink.



5. Make a space in the middle of the pan. Add the garlic and ginger and cook for 1 minute, stirring up a bit.
- . Give the sauce a shake up and pour over the ground turkey and garlic/ginger. Stir until everything is mixed through, about 1-2 minutes. Remove from heat.
7. Divide turkey/sauce mixture between the meal prep containers. Sprinkle with green onions if desired.

Storage

1. Once everything has cooled, store in the fridge for up to 4 days.

To serve

1. Heat in the microwave until steaming hot, and enjoy!

Notes

- 1- ground turkey may be swapped for ground beef, cubed chicken thighs, or mashed tofu
- 2- honey may be swapped for maple syrup, brown sugar, or 2-3 teaspoons monk fruit sweetener
- 3- to make it gluten-free, swap the soy sauce for tamari, coconut aminos, or liquid soy seasoning

Storage

Store in an air tight container in the fridge for up to 4 days, or in the freezer for up to 3 months.

Reheating

Heat in the microwave until steaming hot.

Nutrition

Serving: 1 bowl | Calories: 380kcal | Carbohydrates: 52g | Protein: 28g | Fat: 7g | Saturated Fat: 91 | Cholesterol: 46mg | Sodium: 852mg | Potassium: 811mg | Fiber: 4g | Sugar: 15g | Vitamin A: 1005 | Vitamin C: 136.5mg | Calcium: 92mg | Iron: 2.5mg

