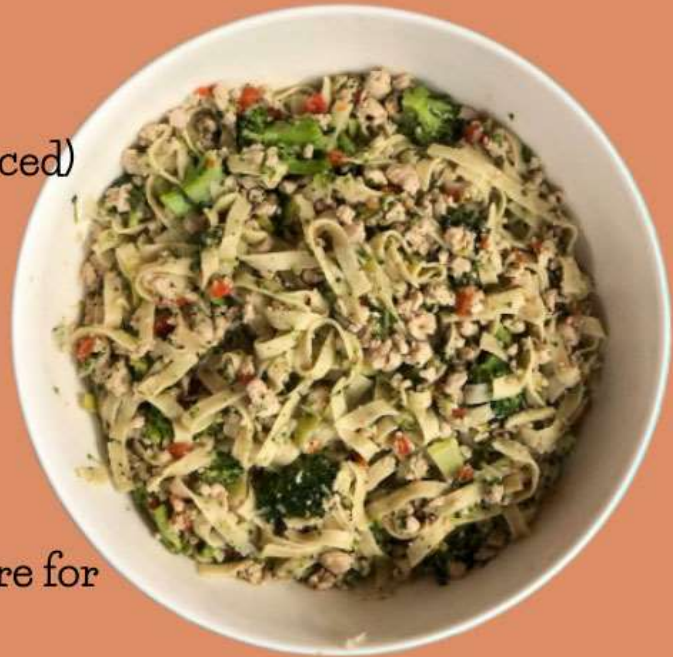


Ashley's Meal Prep Monday!

Low Carb Ground Turkey Pasta Bowl

INGREDIENTS

1 lb head of broccoli
3 TBSP oil
1 small-medium sweet onion (diced)
1 red bell pepper (diced)
1 TBSP minced garlic
zest of half a lemon
1 1/2 lb ground turkey
Salt/pepper to taste
1 lb pasta
2 TBSP lemon juice
1 TBSP chopped fresh basil (more for garnish)
1 cup chicken stock
Parmesan cheese - if you please



Place a large pot of salted water on to boil. Cut florets from the stem and set aside. Peel the outer skin off the stem and cut the whole stem and slice into thin pieces.

In large deep skillet or saute pan, heat oil over medium high heat and add broccoli stems, onion, bell pepper and garlic and saute three minutes.

Add lemon zest, turkey, salt and pepper and saute until the turkey is no longer pink, about 3-4 minutes.

At this point the water should be boiling so add the broccoli florets and cook just two minutes then remove and set aside.



Add pasta to the same water and cook to just slightly undercooked.

While the pasta is cooking, add lemon juice to turkey and cook one minute. Add the basil and chicken stock and let simmer while the pasta is cooking. The turkey mixture should simmer for at least five minutes.

Pour pasta into a colander to drain. Add broccoli and drained pasta (& cheese) to the pan with the turkey and toss to combine. Cook just long enough to finish cooking the pasta. Add more chicken stock if needed.

Serve with grated Parmesan cheese and chopped basil