

Sweet and Spicy Turkey and Green Bean Stir Fry

1 tbs. sesame oil
1 bunch green onions, chopped
3 garlic cloves, minced
1 lb. ground turkey
2 tbs. Sambal Oelek (chili garlic sauce)
1/3 cup hoisin sauce
3 tbs. low-sodium soy sauce
3 tbs. rice vinegar
1 tbs. grated, peeled ginger*
12 oz. green beans, washed and cut into 1" pieces
1 tbs. cornstarch
¾ cup chicken stock

Heat a wok or large skillet over medium-high heat. Add sesame oil and heat to a shimmer. Sauté green onions for 30 seconds, until they begin to soften. Add in the garlic and sauté for about 30 seconds, stirring constantly. Stir in ground turkey and cook another 5 minutes, stirring often. Crumble the meat as much as possible.

Meanwhile, mix the sauce together in a medium bowl. Add the Sambal Oelek, hoisin sauce, soy sauce, rice vinegar, and ginger. Whisk to combine.

Once turkey is cooked, add in the green beans and cook for 2 more minutes. Stir in the sauce mixture and cook an additional minute.

Meanwhile, in a small measuring cup or bowl, stir together the cornstarch and chicken stock until no lumps remain. Add the slurry to the turkey mixture. Lower the heat to medium, and continue cooking for another 10 minutes, stirring frequently, until beans are slightly tender.

Serve over rice and garnish with green onion.

*To easily store fresh ginger for months, peel the ginger and place in a Ziploc bag in the freezer. Simply use a [microplane grater](#) to grate the ginger into your dish.



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