

Turkey Taco Bowl



Preparation time: 25 mins

Serves: 4 people

User Rating: ★★★★★

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These turkey taco bowls are very easy to make and are made with nutritious ingredients. Great for breakfast, lunch, or dinner - these high protein turkey taco bowls are especially good for meal prep.



Ingredients

- 8 eggs
- 6g taco seasoning
- 130g salsa
- 400g turkey breast mince
- 400g baby spinach

- 1 avocado

Method

1. Divide fresh spinach between 4 containers.
2. Scramble 8 eggs in a non-stick pan over medium heat, until cooked to your liking. Set aside. In the same pan, add the turkey mince and taco seasoning and cook for 8-10 minutes or until browned.
3. Quarter a fresh avocado and divide between bowls.
4. Top with salsa, eggs, and cooked mince.
5. Season with salt and pepper.

Notes

It's great for meal prep.

Nutritional Information

Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Fibre
1355.62kj 324kcal	37.6g	16.3g	3.9g	8.1g	1.5g	14.2g

All nutrition values are per serve.