

Turkey and Zoodles

Recipe By Chaia Frishman



Cooking and Prep:  15
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Serves:  4

Contains:   

Preference: Meat

One pot? Check. Lean poultry? Check. Healthy veggies? Check. Incredible taste?

Difficulty: Easy

Of course! [A Food Fight, Round 2 Recipe](#)

Source: Family Table by
Mishpacha Magazine

Ingredients (4)

Main ingredients

- 1 pound (1/2 kilogram) ground white and dark turkey mix
- 1 cup plus 2 tablespoons Salad Mate Meat Sauce, divided
- 4 cups spiralized zucchini (aka zoodles)

Sommelier Suggests

- [Carmel Appellation Rosé](#)

Start Cooking

Cook the Turkey and Zucchini Noodles

1. Heat frying pan to very hot and add ground turkey, stirring to break it up. After one minute, add one cup meat sauce and continue to stir for seven minutes, until the meat is cooked through.
2. Add zoodles to pot and gently cook through for another two and a half minutes.
3. Drizzle extra meat sauce over each portion before serving.

Tip:

If you're short on time, you can mix a tablespoon of the sauce into the zoodles and microwave for one minute on high for al dente noodles.