

Low FODMAP Turnip with Miso Meat Sauce

Serves: 2

Prep: 10 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
Pork mince (ground pork)	150 g	5.29 oz
White turnip, peeled	150 g	5.29 oz
1 tsp dried red chilli, sliced	2 g	0.07 oz
1 tsp minced ginger	6 g	0.21 oz
[A] 1 tbsps sesame seeds	9 g	0.32 oz
[A] 3 tbsps sake (Japanese rice wine)	45 g	1.6 oz
[A] 1 tbsps miso paste	18 g	0.63 oz
[A] 2 tsp white sugar	10 g	0.35 oz
[A] 1 tsp soy sauce	5 g	0.18 oz
[A] 4 tsp water	20 g	0.71 oz
2 tsp rice bran oil	10 g	0.25 oz
1 tsp potato starch	3 g	0.11 oz
2 tsp water	10 g	0.35 oz

Method

1. Peel the turnips, leaving a small portion of the stems intact, and cut them into 6 wedges.
2. Heat rice bran oil in a frying pan, and cook the turnips until they develop a golden-brown color. Remove them and place them on a plate.
3. In the same frying pan, add the ground pork and stir-fry. Then add the chili pepper, ginger, and ingredients from [A], mixing well. Finally, add potato starch dissolved in water to thicken the sauce.
4. Pour the mixture from Step 3 over the turnips from Step 2. Serve and enjoy!

Nutrition Information (per serve)

Energy	769 Kj / 184 cal
Protein	11.90g
Carbohydrates	7.70g
Sugar	6.40g
Total Fat	10.40g
Saturated Fat	3.00g
Fibre	1.60g