



Miso Five Spice Turkey Breast with Cabbage

3 servings

1 hour 15 minutes

Ingredients

- 2 tbsps Miso Paste
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Chinese Five Spice
- 1 Garlic (clove, small, minced)
- 1 lb Turkey Breast (boneless, skinless)
- 3 cups Purple Cabbage (sliced into thin steaks)
- 2 tbsps Slivered Almonds
- 1 tsp Star Anise (optional, for garnish)

Directions

- 1 Preheat the oven to 325°F (160°C). Line a baking sheet with parchment paper.
- 2 Mix the miso paste, oil, five spice, and garlic together. Pat the turkey dry and spread 3/4 of the miso mixture all over the top. Spread the remaining miso mixture on the cabbage.
- 3 Place the cabbage on the baking sheet in a single layer and place the turkey breast on top of the cabbage. Cook for 60 minutes or until the turkey reaches an internal temperature of 330°F (165°C).
- 4 Let the turkey rest for five to ten minutes before slicing. Garnish with the almonds and star anise and serve with the cabbage. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/3 cups of turkey and one cup of cabbage.

Additional Toppings: Chopped cilantro.