

# Pan-fried Turkey Breast & Green Beans



A gorgeously browned buttery pan-fried turkey breast and soft green beans seasoned lightly to create a devouring meal

## Ingredients for 2 serving (US/Metric)

- 591g / 20.8oz Turkey breast
- 6 *tbsp* Butter
- 310g / 10.9oz Green bean
- Salt & pepper to taste

## Nutrition (US/Metric)

- **Protein:** 35%
- **Fat:** 61%
- **Net carbs:** 3%

## **Instructions**

1. Place a frying pan on the stove over medium heat. When the pan is hot, add the butter.
2. Next, add the turkey breast into the pan along with the green beans. Sprinkle salt & black pepper to taste.
3. When the meat browns on one side, flip it and brown the other side. Stir the beans as well.
4. As soon as the green beans soften and turkey breast browns, transfer to a serving dish.
5. Slice the fried turkey breast and savor right away!