

## Korean-Inspired Turkey Rice Bowls with Spinach and Cucumber

When you need something fast, flavorful, and satisfying, these



**TIME**  
**20 min**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

**SOURCE**  
**ChefManiac**

### INGREDIENTS

- 1 lb ground turkey
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp sesame oil
- 2 cloves garlic, minced
- 2 cups cooked rice (white, brown, or jasmine)
- 1 cucumber, sliced
- Fresh spinach leaves (as much as desired)
- Sriracha sauce for drizzling (optional)

### DIRECTIONS

1. Heat a skillet over medium heat. Add ground turkey and cook until browned, breaking it up with a spatula.
2. Add minced garlic, soy sauce, honey, and sesame oil to the pan. Stir well to coat the meat and let simmer for 3-5 minutes.
3. Assemble the bowls: Divide cooked rice among 4 bowls. Top with the saucy ground turkey.
4. Add fresh spinach leaves and sliced cucumber.
5. Drizzle with sriracha if desired. Serve immediately!

### SWAPS & NOTES

Ground Turkey : Swap for ground chicken, beef, or even plant-based crumbles.

Honey : Substitute with brown sugar or maple syrup for a different sweetness.

Rice : Cauliflower rice or quinoa makes it lower carb.

Veggies : Add shredded carrots, edamame, or sautéed mushrooms for extra volume. ? Step-by-Step Instructions Heat a skillet over medium heat.

### TIPS FOR SUCCESS

Use lean turkey for the best texture-don't overcook it or it may dry out.

Add a splash of water or broth if the glaze thickens too quickly.

Keep components separate for meal prep and combine just before serving.

For more heat, add a dash of gochujang or crushed red pepper. ?

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/korean-inspired-turkey-rice-bowls-with-spinach-and-cucumber/>