

Thai Turkey Stir Fry

Preparation: 15 minutes | Cooking: 25 minutes

1 tbsp vegetable oil 15 mL
2 cloves garlic, finely chopped 2
1 2 inch (5 cm) piece gingerroot, grated 1
1 lb boneless skinless turkey breast cut into strips 500 g
1 head bok choy (about 1 lb / 500 g), chopped 1
1 red bell pepper, julienned 1
½ cup light coconut milk 125 ml
1 tsp grated lime zest 5 mL
2 tbsp freshly squeezed lime juice 25 mL
1 tbsp reduced sodium soy sauce 15 mL
1 tsp red curry paste 5 mL
salt and freshly ground black pepper
2 tsp chopped fresh cilantro 10 mL

1. Heat a wok or large skillet over medium-high heat. Add oil and swirl to coat wok. Sauté garlic, ginger and turkey for about 10 min or until turkey is lightly browned on the outside and no longer pink inside. Add bok choy and red pepper ; sauté for 4 min. Stir in coconut milk, lime zest, lime juice, soy sauce and curry paste ; bring to a boil. Reduce heat and simmer for 10 min or until sauce has thickened slightly. Season to taste with salt and pepper.
2. Ladle onto plates and garnish with cilantro.

Serving idea

Serve over jasmine rice or whole wheat pasta.

* Recipe is taken from Dietitians of Canada (www.dietitians.ca)