



THAI TURKEY LETTUCE WRAPS

 4 portions

INGREDIENTS

- 1 tablespoon of olive oil
- 1 cup, chopped onion
- 3 cloves of garlic, minced
- 1 pound 93% lean ground turkey
- 1 cup crimini mushrooms, chopped
- 1/2 cup chopped bell pepper
- 4 tbsps fish sauce
- 56 grams (1/4 c) water chestnuts
- 1 lime,juiced
- 4 outer leaves of green leaf lettuce
- 1 oz cashew nuts
- 1 tbsp chopped scallions
- 2 c coleslaw mix
- 15 grams of thai Kitchen Curry Paste
- 1 tablespoons chilli sauce (optional)

COOKING METHOD

1^o Description: Equipment: Skillet, Large & Small Bowl Instructions: 1. Heat the olive oil in a large pan set over medium-high heat. Add the onion and cook until softened, about 5 minutes. Add the garlic and cook 1 minute. 2. Add the ground turkey and cook until browned, breaking the meat up with a wooden spoon as it cooks. Add the mushrooms, cole slaw mix, bell pepper, fish sauce, Thai seasoning, chili sauce (if using) and water chestnuts (if using). Stir until combined. Cook 10 minutes, or until the vegetables are cooked through. Remove from heat and stir in the lime juice. 3. Serve the turkey filling in lettuce leaves.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (295 g)	% DRI
ENERGY	100 kcal	294 kcal	15 %
FAT	5 g	16 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	16 %
CHOLESTEROL	26 mg	77 mg	26 %
SODIUM	535 mg	1579 mg	66 %
CARBOHYDRATE	5 g	15 g	5 %
SUGARS	1 g	4 g	—
FIBER	1 g	2 g	9 %
PROTEIN	9 g	27 g	—