

SIMPLY GREAT FOOD BY DIETITIANS OF CANADA

Thai Turkey
Stir-Fry
Makes 4 servings



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This recipe is a great introduction to Thai cuisine. It's not too spicy, so it appeals to all ages, making it a great way for parents to introduce new foods and cultures to their family.

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.

NUTRIENTS Per Serving

Calories: 227	Carbohydrate: 10 g	Calcium: 234 mg
Fat: 8 g	Fibre: 3 g	Iron: 3.8 mg
Sodium: 315 mg	Protein: 29.7 g	

