

Thai Turkey Stir-Fry

(page 213, Meat/Poultry Main Dishes)

This recipe is a great introduction to Thai cuisine. It's not too spicy, so it appeals to all ages.

1 tbsp (15mL)	vegetable oil
2	cloves garlic, finely chopped
1	2-inch (5 cm) piece gingerroot, grated
1 lb (500g)	boneless skinless turkey breast, cut into strips
1	head bok choy (about 1 lb/500 g), chopped
1	red bell pepper, julienned
1/2 cup (125 mL)	light coconut milk
1 tsp (5mL)	grated lime zest
2 tbsp (30 mL)	freshly squeezed lime juice
1 tbsp (15 mL)	reduced-sodium soy sauce
1 tsp (5 mL)	red curry paste
	Salt and freshly ground black pepper
2 tsp (10 mL)	chopped fresh cilantro

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 minutes or until turkey is lightly browned on the outside and no longer pink inside. Add bok choy and red pepper; sauté for 4 minutes. Stir in coconut milk, lime zest, lime juice, soy sauce and curry paste; bring to a boil. Reduce heat and simmer for 10 minutes or until sauce has thickened slightly. Season to taste with salt and pepper.
2. Ladle onto plates and garnish with cilantro.

This recipe courtesy of Amélie Roy-Fleming and Marie-Eve Richard.

Makes 4 servings

Nutrients

PER SERVING

Calories 227; Fat 8 g; Carbohydrate 10 g; Fiber 3 g; Protein 30 g

Healing Fatty Liver Disease



A Complete Health & Diet Guide
Including 100 Recipes

Dr. Maitreyi Raman, MD, MSc, FRCPc,
Angela Sirounis, BSc, RD, & Jennifer Shrubsole, BSc, RD

TIPS

Serve over jasmine rice or whole wheat pasta. Finish the meal with tropical fruits, such as mango, pineapple and papaya.

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