

STIR-FRIED TURKEY



DID YOU KNOW?

Turkey is a great alternative to chicken—it is actually lower in fat, while being an excellent source of protein and rich in B vitamins and some minerals.



STIR-FRIED TURKEY

DO IT! ➤

SERVES: 6

GET IT!

INGREDIENTS

300g turkey strips
100ml light soy sauce
1 tsp ginger purée
1 tsp garlic purée
1 courgette
1 red pepper
1 yellow pepper
1 pak choi
1 red onion, finely sliced
50ml sesame oil (if allergic to sesame, sunflower oil can be used)
20g edamame beans
 $\frac{1}{4}$ bunch coriander, chopped

This recipe was created by Harrison's Director of Food and Service Mark Stower.

Prep time: 45 minutes

1. Place the turkey strips in a bowl. Mix the soy sauce, ginger purée and garlic purée together and pour over the turkey strips. Place in the refrigerator to marinate for at least 2 hours.
2. Cut the two ends off of the courgette, then cut lengthways in half. Slice each half, cutting at an angle.
3. Cut the peppers into fine slices.
4. Remove the root from the pak choi and discard, then cut it into three equal lengths.
5. About a half hour before cooking, remove the turkey from the refrigerator.
6. Drain the marinade from the turkey, reserving it for later.
7. Add the sesame oil to a wok and place over a medium heat. (If you don't have a wok, you can use a regular frying pan.) Now add the turkey and stir-fry until cooked through.
8. Add the courgettes, peppers, pak choi, onion and edamame beans and stir-fry for a further minute.
9. Add the marinade and stir-fry for a further minute until the sauce is sticky.
10. Serve in bowls, garnished with chopped coriander, alongside a separate bowl of egg noodles.