

Asian-Style Cabbage Stir-Fry with Ground Turkey

Preparation time	10 minutes
Cooking time	25 minutes
Servings	5
Cost per serving	\$1.78
Storage	2 days in the fridge. Can be frozen.
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, vegetable peeler, grater, large pot, wooden spoon



Ingredients



15 ml (1 tbsp)
canola oil



500 g (1 lb)
ground turkey



1 small **yellow onion**,
peeled and chopped



3 **garlic** cloves,
peeled and minced



10 ml (2 tsp) **fresh ginger** peeled and minced (optional)



10 ml (2 tsp)
curry powder



15 ml (1 tbsp)
soy sauce



Salt, pepper
and Tabasco-style
hot sauce, to taste

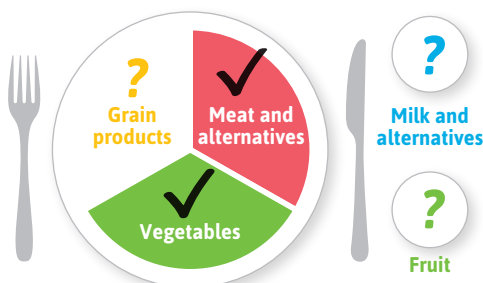


½ medium size **green cabbage**, cut into strips
(about 1.5 litres/6 cups)



1 **carrot**,
peeled and grated

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Balanced plate

Serve with:

- ? A grain product (couscous or rice, for example)
- ? A fruit
- ? A glass of milk or fortified soy beverage

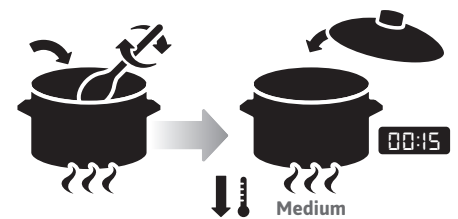
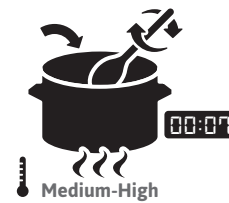
Directions

- 1** Heat the **oil** in a large pot over medium-high heat. Add the **ground turkey** and cook for 7 minutes.
Tip: Only stir occasionally during the first few minutes to allow the turkey to brown.

- 2** Add the **onion**, stir and cook for 1 minute.

- 3** Add the **garlic, ginger, curry powder, soy sauce, salt, pepper** and **hot sauce** to taste. Mix.

- 4** Add the **cabbage** and **carrot**. Mix, cover and cook over medium heat for about 15 minutes, or until desired consistency, stirring occasionally.
Tip: Use the cooking time to prepare your side dishes.
Variation: For extra flavour add some fresh coriander, lime juice, a few drops of sesame oil or crushed peanuts, etc.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition