

## Asian-Style Cabbage Stir-Fry with Ground Turkey

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



## 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

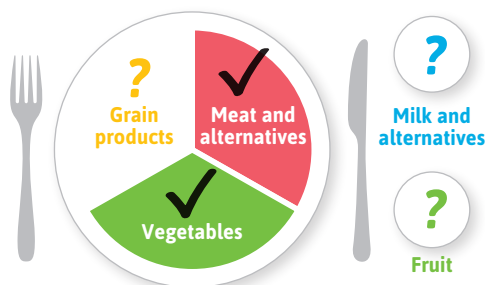


½ medium size **green cabbage**, cut into strips (about 1.5 litres/6 cups)



1 **carrot**,  
peeled and grated

Illustrations © Québec Amérique. All rights reserved (ikonet.com)



### 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.

---

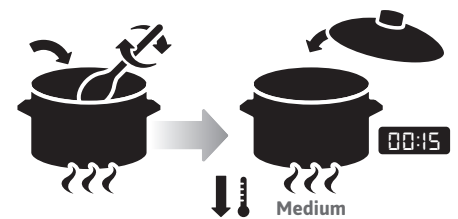
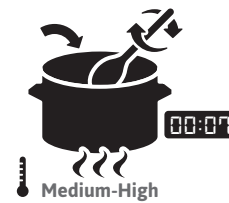
- 2** Add the **onion**, stir and cook for 1 minute.

---

- 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