



## Turkey Stir-Fry with Spicy Peanut Sauce

*Scrumptious stir-fried turkey and veggies pair perfectly with a slightly spicy, coconutty peanut sauce.*

Prep Time: 25 minutes    Cooking Time: 8 minutes    Makes: 4 servings

### Ingredients

#### Coconut Peanut Sauce:

- ½ cup (125 mL) natural smooth peanut butter
- ¼ cup (60 mL) canned coconut milk
- ¼ cup (60 mL) warm water
- 2 tbsp (30 mL) fresh lime juice
- 1 tbsp (15 mL) Asian chili paste (Sambal Oelek)
- 2 tsp (10 mL) fish sauce
- 2 tsp (10 mL) freshly grated gingerroot
- 1 small clove garlic, minced

#### Stir-Fry:

- 2 tbsp (30 mL) canola oil, divided
- 1 tbsp (15 mL) freshly grated gingerroot, divided
- 2 small cloves garlic, minced and divided
- 1 tsp (5 mL) crushed red pepper flakes or to taste
- 500 gram turkey scallopini cut into ½-inch (1 cm) strips
- ¼ tsp (2 mL) salt
- 1-½ cups (375 mL) thinly sliced red cabbage
- 1-½ cups (375 mL) sugar snap peas, trimmed
- 1 sweet red pepper, thinly sliced
- 2 cups (500 mL) cooked brown rice

#### Garnish:

- 1 cup (250 mL) blanched bean sprouts (optional)
- ¼ cup (60 mL) chopped, salted roasted peanuts
- ¼ cup (60 mL) torn fresh cilantro leaves
- 1 green onion, thinly sliced
- Lime wedges



## Instructions

1. **Coconut Peanut Sauce:** In a blender, combine peanut butter, coconut milk, warm water, lime juice, chili paste, fish sauce, ginger and garlic; purée until smooth.
2. **Stir-Fry:** In large non-stick skillet or wok, heat 1 tbsp (15 mL) of the oil over medium- high heat. Add half each of the ginger and garlic and all of the red pepper flakes; stir-fry for 1 minute.
3. Season turkey with salt, add to skillet and stir-fry 3 to 4 minutes, until turkey is cooked through. Remove turkey and place in a medium bowl. Add half of the Coconut Peanut Sauce to the turkey and toss until coated. Cover the bowl with a large plate to keep turkey warm.
4. Add remaining oil to the same skillet. Add cabbage, sugar snap peas, red pepper, remaining ginger and garlic. Stir-fry for 2 to 3 minutes until just tender crisp.
5. Divide rice among 4 plates, top each with vegetables and then turkey. Garnish with bean sprouts, if using, peanuts, cilantro and green onion. Drizzle with some of the Coconut Peanut Sauce. Serve with lime wedges.

**Note:** Refrigerate remaining Coconut Peanut Sauce and use as a salad dressing or a dip for vegetables, turkey satay or fresh spring rolls. Stir in a little hot water if you need to thin it out.

## Tips:

If you can't find turkey scallopini, ask your butcher or grocer for it. Alternatively, purchase boneless, skinless turkey breast and slice it thinly. Pro tip: freeze turkey breast slightly – it will be easier to slice.

White miso is slightly sweet and used to add a complex, savoury flavour to dishes. In this recipe, white miso's salty bite pairs perfectly with asparagus. Buy it in the refrigerated section at the grocery store -- likely in the health food section.