

Thai turkey lettuce rolls

for the dipping sauce:

3 tbsps soy sauce or tamari
1 tsp honey
2 tpsps Dijon mustard
1-2 tpsps tabasco or Sriracha sauce (according to taste)
2 tpsps rice wine vinegar
2 tpsps sesame oil or extra virgin olive oil

for the turkey:

2 tpsps coconut oil
25g Thai red or yellow curry paste
2 medium-sized red onions, chopped
40g fresh ginger, finely chopped
5 garlic cloves, finely chopped
3-5 red bird's eye chillis, finely chopped
1kg lean turkey breast mince
400g tinned chopped tomatoes

to serve:

1 large head of romaine or cos lettuce

Serves 6

Per serving:
289 calories
5g fat
16g carbs
45g protein

Place the dipping sauce ingredients into a bowl and stir well. Set aside.

Heat the coconut oil in a large saucepan over a medium flame. Add the curry paste and fry for 1 minute, stirring frequently.

Add the onions and fry for 5 minutes, stirring frequently until soft.

Add the garlic, ginger and chillis and fry for 2-3 minutes, stirring frequently.

Add the turkey mince. Using a wooden spoon, break the mince up into small pieces.

Add the tomatoes and stir well. Cook for 15 minutes, stirring occasionally. Add a splash of cold water during cooking time if the mixture becomes too dry.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

