

Family friendly



Thai turkey lettuce wraps

Serves 1

1½ tsp fish sauce or light soy sauce

Zest and juice of ½ lime

½ tsp sesame oil

¼ tsp brown sugar or honey

1½ tsp sesame seeds

1½ tsp coconut oil

10g Thai red curry paste

165g turkey thigh mince

1 carrot, peeled and finely chopped or grated

½ red onion, peeled and finely sliced

Small bunch of mint, chopped

Small bunch of coriander, chopped

1 baby gem lettuce, leaves separated

Method

Stir the fish or soy sauce, lime zest and juice, sesame oil and sugar together in a small bowl until the sugar has dissolved then set aside.

Set a wok or frying pan over a medium heat, add the sesame seeds and toast for a minute until golden. Tip out onto a plate and set aside.

Turn the heat up high and add the coconut oil and curry paste. Fry for a couple of minutes until fragrant then add the turkey mince. Stir-fry for 3 minutes then add the carrot and red onion and fry for a couple of minutes until soft. Pour in the fish sauce mixture, stir to combine then remove from the heat. Stir through the herbs then divide the mixture between the lettuce leaf cups. Top with the toasted sesame seeds and serve.