

The wheel was not square and didn?t really need reinventing. But - But?. I happened across a 750g pack of Turkey thigh mince at £1.62 and we really liked this recipe the first time around - http://www.eatwellonuc.org.uk/index.php/recipes/334-thai-stir-fried-minced-beef-with-coriander-chilli-lime

Sauce Ingredients:-

35ml of Fish Sauce
1 Tsp of Oyster Sauce
1 Tsp of Soy Sauce
2 Chillies Sliced
2 Cloves of Garlic, minced
Juice of a Lime
Half a handful of fresh Coriander, chopped
A thumb of Ginger skinned and minced
Salt & Pepper

Ingredients for the Turkey:-

3 Chillies, sliced
3 Cloves of Garlic, minced
3 Tbsp of Oil
1 Medium Onion, finely diced
750g of Turkey thigh mince

1 Tbsp of Brown Sugar
2 Tbsp of Fish Sauce
1 Tbsp of Oyster Sauce
A large handful of fresh Coriander, roughly chopped
2 Spring Onions, sliced
1 Red Wine Stock Pop and 50ml of hot water
2 Large Eggs
Paprika to dress
Rice Noodles
1/8 Tsp of Mono-Sodium Glutamate (Optional)
Oil to fry
Salt (If you don?t have MSG)

Method:-

(1) For the serving sauce, mix all the ingredients and set aside.
(2) Meanwhile, for the Turkey, coarsely chop the chillies with the garlic, add the sliced Onion and a pinch of salt or the MSG.
(3) Heat 3 tbsp of oil in a wok then fry the garlic, Onion and chilli mixture, but don?t let it colour. Add the Turkey and stir-fry for a few minutes, until cooked.
(4) Season to taste with the sugar, Oyster Sauce and fish sauce but be careful not to make it too salty. Add the Red Wine Stock and gently simmer for a few minutes, but don?t let it boil or the meat will become tough. There should be enough liquid to make a bit of a sauce.
(5) Stir in the chopped Coriander and remove from the heat.
(6) Fry your eggs in a separate frying pan.
(7) Pour the sauce into the Wok, add the sliced Spring Onion and stir well.
(8) Soften your Rice Noodles in boiling water and drain.
(9) Lay the Stir-Fried Turkey over a bed of Noodles.
(10) Add your fried egg on top of each plate.
(8) Dress with a little remaining sliced Spring Onion, Coriander and a sprinkling of Paprika.

We like to drop a few Rice Noodles in the deep fat fryer on a high heat. They puff up like Prawn Crackers and add a like of crunchy texture. Although the ingredients list sounds hideously expensive we?ve bought a lot of these sauces etc. over months from local Asian / Continental shops. You don?t need a lot and you can really extend the flavours available in

your dishes without breaking your budget.