



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 Pot 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.