

## Turkey Stir Fry with Noodles

Serves 10

Ingredients	
500g turkey, diced	1 tsp (5g) Chinese five spice powder
1 onion (100g) peeled and finely chopped	150 ml kallow very low salt vegetable stock
500g mixed vegetables, sliced – carrots, peppers, broccoli, celery, cabbage, green beans, runner beans (may use pre mixed vegetables)	250g dry noodles
2 (12g) cloves garlic	350 ml boiling water
2 tbsp (30g) sesame oil (may use vegetable oil)	

- METHOD:
- Heat the sesame oil and add the diced turkey pieces, cook until turning golden and almost cooked, add the onions (and carrots if using) and cook for a further 2-3 minutes.
- Add the rest of the vegetables and the Chinese five spice powder and cook for a further 2-3 minutes stirring continuously.
- Stir in the stock and cook for a further 8-10 minutes until the vegetables are tender but firm.
- Cook the noodles in the boiling water according to the pack instructions.



- ✓ COOK'S TIP: FOR PUREE DIETS PREPARE EXTRA VEGETABLES AND MAKE A PUREE
- ✓ FOR VEGETARIAN DIETS OMIT TURKEY AND USE QUORN CUBES AND MUSHROOMS
- ✓ FOR EGG AND WHEAT FREE DIETS OMIT NOODLES AND SERVE WITH BOILED RICE OR RICE NOODLES

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
188	15.6	4.8	22.1	3.1	0.3	1.1	33