



TURKEY CHOW MEIN

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 40 mins

Serves: 4



INGREDIENTS

- 1 tbsp oil
- 500g turkey mince
- 2 onions, diced
- 1 tbsp crushed garlic
- 2 tsp curry powder
- 1 tsp cumin powder
- Salt and pepper to taste
- 1/2 cabbage, shredded
- 3 stalks celery, finely chopped
- 2 carrots, peeled and grated
- 1 1/2 cups green peas (fresh or frozen)
- 2 chicken stock cubes (or vegetable)
- In 1 cup water (or use stock)

METHOD

- Heat a large saucepan to medium high and add oil and turkey mince and brown while breaking meat up.
- Add onions, garlic, curry, cumin and salt and pepper and cook stirring for 5 minutes.
- Add cabbage, celery, carrots and peas and stir fry for 10 minutes.
- Add stock cubes and water (or stock) and simmer for 25 minutes.