



Free Veg
2

Protein
2

Restricted Veg
1

Asian Turkey Lettuce Wraps

These Asian Turkey Lettuce Wraps are bursting with flavor and have so many great ideas to go with them. Having them as a quick snack after school, meal prep for the week, gathering friends over for a savory appetizer or enjoying them with your family gathered around the table. The ideas are endless! They are quick and easy to cook but also simple to put together and ready-to-eat, all in under 30 minutes.

This meal has no carbohydrate but uses 2 of your protein servings, your restricted veg serving and bulks up with 2 free veg servings.

Ingredients

- 480g ground turkey
- 50g shredded carrots
- 150g of mushrooms coarsely chopped
- 200g of sliced water chestnuts drained and coarsely chopped
- 2 (50g) green onions chopped
- 1 clove garlic minced
- 3 Tablespoons hoisin sauce
- 2 Tablespoons low sodium soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons red chili paste
- 12 butter lettuce leaves, Boston and iceberg also work

Directions

1. In a medium sized skillet over medium high heat, add the ground turkey. Cook and crumble until it is almost cooked throughout. Add carrots, mushrooms, water chestnuts, green onions and garlic. Continue to cook for 1-2 minutes until turkey is cooked and veggies are tender.
2. Add the hoisin sauce, soy sauce, rice wine vinegar, and chili paste. Stir and let simmer for 1-2 minutes. Serve on butter lettuce leaves or fold into wraps.