

TURKEY STIR FRY

Equipment – red chopping board, white chopping board, chef's knife, wok, measuring spoons, silicone spatula or wooden spoon

Working in pairs

Ingredients

100g turkey mince
1 pack "Straight to wok" noodles
1/3 red chilli
1 tsp. ginger paste
1 tsp. garlic paste
½ onion
½ pepper (red or yellow)
3 mushrooms
Handful of beansprouts
3 Pak choi leaves
2 tbsp. oil
1 tbsp. soy sauce
1 tsp. honey

Nutrition

Turkey- high in protein,
Peppers- high in vitamin
C. Bok choy- vitamin A
and B6.

Modifications for a healthier diet

Turkey- high in protein, Peppers-
high in vitamin C. Bok choy-
vitamin A and B6.

Ingredients

Vegetables add
texture,
colour. Noodles
- bulk Turkey-
adds textures.

Method

- 1 Prepare** the vegetables – slice or chop.
- 2 Pour** the oil into a wok, turn onto a medium heat.
- 3 Place** the turkey mince into the pan, add the ginger, garlic and chilli. Stir well until all is well mixed.
- 4 Add** all the vegetables and cook for a further 2 – 3 minutes.
- 5 Add** the noodles, (separate them with your fingers) soy sauce and honey.
- 6 Mix** all the ingredients until covered in the sauce.

Questions –

- 1 Make a list of 5 other ingredients which are suitable to stir fry.*
- 2 Why is stir frying considered a healthy method of cooking?*