

# Thai Turkey Stir Fry

(Serves 2)

## FOR THE TURKEY STIR FRY

- 2 Turkey Breast Steaks cut into strips
  - 1 Garlic Clove finely chopped
  - 1 Fresh Green Chilli seeded and chopped
  - 2 Limes
  - $\frac{1}{2}$  Wineglass White Wine
  - $\frac{1}{2}$  Teaspoon Turmeric
  - 1 Green Pepper cut into strips
  - 3 Tablespoons virtually fat free Fromage Frais
  - 1 Courgette cut into strips
  - Chopped Fresh Coriander
  - Salt and Freshly Ground Black Pepper
1. Heat a large wok or non-stick pan. Add the turkey and dry-fry for 5-6 minutes until it changes colour and the flesh starts to firm up.
  2. Add the garlic and chilli and cook for a further minute.
  3. Grate a little zest from one of the limes. Squeeze out the juice from both the limes. Add the lime zest and juice to the wok or pan, along with the wine and turmeric.
  4. Season well with salt and pepper. Add the green pepper and courgette. Cook for 2-3 minutes until very lightly cooked but remaining crisp.
  5. Remove the wok or pan from heat and stir in the fromage frais and fresh coriander.
  6. Cook Fresh Noodles according to packet instructions and serve with Thai Turkey Stir Fry.