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by Liz Robb

Chinese Style Turkey Lettuce Wraps



Ingredients

1 onion
1 small carrot
A small piece of fresh ginger
2 cloves of garlic
50g canned water chestnuts
50g beansprouts
3 spring onions
2 tablespoons of toasted sesame oil
400g minced turkey thighs
4-5 tablespoons of hoisin sauce
3 tablespoons of soy sauce
1 tablespoon of rice vinegar
A pinch of salt
Black pepper
2 small Baby Gem lettuces
A handful of dry roasted peanuts
*1 small red chilli [optional]

Servings
6
Person

Preparation

1. Peel, halve and finely slice the onion. Peel and roughly grate the carrot. Peel the ginger and the garlic then finely grate the ginger. Finely chop the water chestnuts and then diagonally thinly slice the spring onions.
2. Briefly pulse the peanuts in a small food processor to finely chop them.
3. Gently heat a tablespoon of oil in a wok and sauté the onion for 2 minutes to soften but not brown. Add the ginger and crushed garlic and sauté for a further 2 minutes. Remove from the wok and keep to one side.
4. Heat another tablespoon of oil in the wok, up to a medium heat, and then cook the minced turkey, using a wooden spoon to stir and break it up, for about 4 minutes until browned. Spoon off some of the excess fat.

5 Return the onion mixture to the wok with the turkey. Stir in the hoisin sauce, soy sauce and rice vinegar then add the grated carrot, water chestnuts, half of the spring onion and the beansprouts. Stir and cook gently for 2 more minutes.

6 Season with just a pinch of salt and a good grinding of black pepper.

7 Wash the lettuce leaves, blot on kitchen towel and arrange on plates or a platter. Carefully spoon the filling into the lettuce wraps. Garnish with a little spring onion and sprinkle with chopped peanuts. Serve immediately whilst the filling is hot.

8 *If using the red chilli, deseed it and then either chop it finely and stir it in when you add the garlic, or slice it very thinly and use as an additional garnish.

Cooks Note

These savoury Chinese style turkey and lettuce wraps, an alternative to the usual pork wraps, are quite low in fat and make really tasty appetisers.

You could use turkey breast, or chicken, but the meat from turkey thighs is better for this if you can get it.
I made 18 small wraps from this recipe; 3 wraps, if using Baby Gem lettuce leaves, will make an appetiser for one person, or serve them all together on a sharing platter.