

Thai Turkey/Chicken & Peanut Boats

Makes 15 (based on 2 Tbsp per serving)

1 ½ Tbsp Oil

¼ Tsp Sesame Oil (optional)

2 Cloves of Garlic, crushed

3 Tsp grated Fresh Ginger

6 Spring Onions, thinly sliced

500g Turkey/Chicken Mince

100g Peanuts finely chopped

2 Tsp Soy Sauce

1 Tsp Peanut butter

1 Tsp Xylitol

Baby Gem lettuce/Ice berg lettuce to serve



Heat the oils in a wok or frying pan, add the garlic, ginger and half the spring onion, and stir-fry over high heat for 1 minute. Add the mince and continue cooking for 3-4 minutes, or until just cooked, breaking up any lumps with a fork.

Add a little water, peanut butter, peanuts, soy sauce, xylitol and remaining spring onion. Cook for 2-3 minutes, or until the liquid thickens a little.

Allow the mixture to cool slightly before dividing among the lettuce leaves; you will need about 2 heaped tablepoons per leaf. Serve immediately.

Per serving (2 Tbsp mixture on 1 lettuce leaf) Protein: 8g Carbs: 2g Fat: 2g Calories: 60 Kcal