

Curry Style Lettuce Wraps with Peanut Sauce

Serves: 3

Prep time: 5 minutes

Cook time: 18-20 minutes

INGREDIENTS:

- 1 lb lean ground turkey
- 3 cloves garlic, minced
- 1 jalapeno, finely diced (seeds removed if you don't like overly spicy)
- 1/4 cup cilantro, finely chopped
- 1/2 tsp ground turmeric
- 1/2 tsp cumin
- 1/2 tsp curry powder
- 1/2 tsp salt
- Pinch black pepper
- Red onion, chopped
- 2 large carrots, thinly sliced
- 1 red bell pepper
- 1 head broccoli, chopped into florets

For the sauce:

- 1 can light canned coconut milk
- 1/2 cup creamy natural peanut butter
- 2 tbsp coconut aminos
- 1 tbsp Thai Kitchen Chili Paste

To serve:

- Romaine lettuce leaves *optional

INSTRUCTIONS:

1. Heat a pan on the stove top over medium.
2. Add all ingredients for the sauce, slowly stirring together. Bring to a light simmer and add in the veggies. Cover and cook for ~15 minutes until veggies are fork-tender.
3. In a large bowl, add the ground turkey + garlic, jalapeño, cilantro and spices. Combine with your hands and then form into 8 patties. Press down so they are flat, about 1/4 inch thick. Cook on the stove top until the middle is no longer pink or the internal temp reaches 165 degrees.
4. Divide veggies onto a serving plate with 2 patties.

Note: Make extra sauce if needed to drizzle on top! Also optional to serve as a lettuce wrapped stuffed with veggies, protein and sauce!



Serving size: 2-3 patties + 1/4 cup sauce + veggies