

# Stir Fried Turkey with Ginger

Serves 3-4 / Cooking time 6 minutes



## Ingredients

4 tbsp sesame oil  
700g/1lb 9oz diced turkey breast  
2 bunches spring onions, trimmed and sliced on the diagonal  
50g/2oz ginger root, peeled and cut into thin julienne strips  
4 tbsp light soy sauce

### To serve

Fresh coriander sprigs to garnish.

## Method

1. Heat the sesame oil in a wok or large frying pan over a medium to high heat. Add the turkey and stir-fry for about 5 minutes until lightly browned and cooked through.
2. Add the spring onions, ginger and soy sauce. Continue to stir-fry for a further 30 seconds.
3. Serve immediately with rice and garnish with sprigs of coriander.