

Thai Basil Turkey Stir Fry

Serves 3-4

Sauce:

2/3 cup chicken broth
2 Tbsp maple syrup or honey
2 Tbsp Thai fish sauce
½ tsp pepper
½ cup fresh Thai basil, chopped

1-2 tsp cornstarch mixed with 2 tbsp of water

1 lb turkey, ground or diced (chicken works well too)
1 tsp jalapeno pepper, minced
½ small onion, chopped (or green onion)
4 cloves garlic, minced
1 ½ cup green beans, cut into 1" pieces (or a combination of green beans and bok choy)



Local Ingredients:

Bok Choy
Chicken
Garlic
Green Beans
Honey
Jalapeno Pepper
Maple Syrup
Onions
Thai Basil
Turkey



Combine sauce ingredients and have ready. Stir fry the turkey or chicken, jalapeno pepper, onion, garlic and beans until cooked through and beans are tender. Add the sauce and bring to a boil. If thickening is required, add cornstarch in small amounts until desired consistency is achieved. Top with cashews and coriander leaves and serve with rice, if desired.