

Asian Turkey Lettuce Wraps

13 ingredients · 25 minutes · 4 servings



Directions

1. Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
2. Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
3. Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

No Ground Turkey

Use any type of ground meat.

Vegan and Vegetarian

Use lentils instead of ground meat.

Nut-Free

Garnish with sesame seeds instead of peanuts.

Likes it Spicy

Add hot sauce or chili flakes.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 White Onion (diced)
- 1 **tbsp** Ginger (peeled and grated)
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 2 Garlic (cloves, minced)
- 2 **lbs** Extra Lean Ground Turkey
- 2 **tbsps** Tamari
- 2 **heads** Boston Lettuce (peeled apart into leaves and washed)
- 3 **stalks** Green Onion (chopped)
- 1 **cup** Matchstick Carrots
- 1/4 **cup** Raw Peanuts (chopped)
- 1 Lime (sliced into wedges)