

Thai-Inspired Ground Turkey Larb Salad with Sriracha, Mint, Cilantro, and Peanuts

Kalyn's Kitchen blog, 2013



1 pound lean ground turkey, less than 10% fat
2 teaspoons peanut oil (or slightly more if you're not using a non-stick pan)
1 teaspoon minced garlic (1 to 2)
2 large shallots, minced (or use red onion)
1/2 large jalapeno pepper, fresh, minced
6 cups Romaine lettuce (with outer leaves removed)
1/4 cup chopped cilantro, or more
1/4 cup fresh mint, chopped, or more
1/2 cup chopped peanuts, for garnish
fresh cut limes to squeeze on at the table (optional)
1/4 cup radishes, chopped fine (my addition)

DRESSING:

2 tablespoons lime juice, fresh squeezed
2 tablespoons fish sauce
2 teaspoons stevia, or Splenda, or brown sugar
2 teaspoons Sriracha Rooster Sauce

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

1. Mince the shallot, garlic, and jalapeno pepper, and chop the mint and cilantro (or green onion.) Mix together the lime juice, fish sauce, sweetener, and Sriracha sauce to make the dressing.
2. Use a large spoon to mix the garlic, shallots, and jalapeno into the ground turkey. Heat the peanut oil in a large non-stick frying pan and cook turkey mixture over medium-high heat until it's well cooked and nicely browned, about 7 minutes. Turn off heat and mix in about half the dressing mixture, tossing it with the meat so all the meat is seasoned with dressing.
3. Chop the romaine and wash and spin dry with a salad spinner (or wash in a colander and dry with paper towels). Chop the peanuts and slice a few lime slices (if using.) When the meat mixture has cooled 4-5 minutes, mix in the radishes, chopped mint and cilantro.
4. To serve the salad, fill the bowl with lettuce and top with a generous scoop of the seasoned turkey mixture. Drizzle over a little extra dressing as desired, and top with a few tablespoons of chopped peanuts. Serve with fresh lime slices to squeeze over at the table if desired.

Per Serving (excluding unknown items): 326 Calories; 21g Fat (54.2% calories from fat); 30g Protein; 9g Carbohydrate; 4g Dietary Fiber; 74mg Cholesterol; 96mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.