

**Turkey Stir-fry
with Smoked
Bacon and Lime**



Garth McColgan

“Stir-fry Irish style”

“You don’t need black beans, cashew nuts, pineapple or Chinese Five Spice to make a super sizzling stir-fry.

This week, I’ve put together a couple of good old Irish ingredients for you – turkey and bacon – and given them a tangy lime twist, plus a fiery glint of ginger. I’m sure your family will love it – mine certainly do!”

Garth McColgan



East meets West with delicious zest

Wok-fried turkey and bacon, laced with tangy lime



Perfect with...



**Freeman's Bay
New Zealand
Sauvignon Blanc**

€9.49
75cl, €9.49 per 75cl

**Great
value**

Garth McColgan

Turkey Stir-fry with Smoked Bacon and Lime

Serves 4

Ingredients

400g Turkey Breast Steaks, sliced thinly	1 tbs Garlic, finely chopped
Zest of ½ Lime and juice of ½ Lime	2 Carrots, finely sliced
1 tsp Brown Sugar	4 Scallions, cut diagonally into 6 pieces
3 tbs Soy Sauce	1 Red Pepper, finely sliced
Oil for frying	25g Butter
100g Smoked Streaky Bacon, sliced thinly	A few Basil Leaves (optional)
2 tbs Ginger, finely chopped	Basmati Rice – enough to serve 4

Method

1. Put the turkey in a bowl with half the lime zest, the juice of ½ lime, the sugar and the soy sauce; leave to marinate for at least ½ hour, or up to 2 hours.
2. Heat 2 tbs oil in a wok, or frying pan, until very hot and stir-fry the bacon.
3. After 30 seconds, add in the ginger and garlic and stir-fry for 10 seconds.
4. Add the turkey and stir-fry until cooked, about 2-3 minutes.
5. Remove meat to a plate and add the vegetables to the pan. Stir-fry for 1 minute.
6. Put the meat back in and give the pan a good shake of soy sauce.
7. Add the butter and basil.
8. Serve with a bowl of steamed white rice on the side.

Rice Mounds

Rather than spoon your rice in heaps onto the plate, serve it in attractive little mounds, as they do in many Oriental restaurants.

It's easy; smear a little vegetable oil around the inside of your ramekin/timbale, pack the rice in tight and leave for a few moments before carefully inverting onto the plate.



“Prices to cause a stir!”

“If you’re after having a go at this week’s sizzling-good stir-fry, pop down to your local Aldi. You’ll find all the items you need to cook up my exotic family treat at exceptionally low prices. Wok incredible value!”

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Gareth McColligan



Irish Turkey Breast Steaks
€3.59 EACH

430g, €8.35 per kg



Smoked Irish Streaky Bacon Rashers

€1.49 PER PACK

200g, €7.45 per kg



Light Brown Soft Sugar

84c EACH

500g, €1.68 per kg



Pure Irish Butter

€1.79 PER PACK

454g, €3.94 per kg



Red Peppers

59c PER PACK

3 pack mixed peppers, 19.6c each



Ginger

89c EACH

150g, €5.93 per kg



Limes

75c PER PACK

2 pack, 37.5c each

Carrots

99c EACH

1kg, 99c per kg



Garlic

75c EACH

250g, €3.00 per kg



Scallions

79c PER BUNCH

Basil

€1.19 EACH

25g, €47.60 per kg



Vegetable Oil

€1.35 EACH

1 litre, €1.35 per litre



Basmati Rice

€1.85 EACH

1kg, €1.85 per kg

*Fresh produce prices can vary. Offers available for a limited time only, subject to availability.