



#MakeItGAP

RECIPES

COCONUT LIME GRILLED TURKEY NOODLE BOWL

YIELD: 6 Servings

TURKEY FILET MARINADE:

2 lbs. turkey breast filets
Grated zest from 2 limes
Juice from 2 limes
2-3 Tbsp. fresh grated ginger
3 cloves of garlic minced
2 Tbsp. packed brown sugar
1 tsp. salt
1 - 14 oz. can of coconut milk

PEANUT COCONUT MILK DRESSING:

1/2 cup peanut butter
1/4 cup water
1/4 cup coconut milk
2 Tbsp. vegetable oil
1 Tbsp. honey
2 Tbsp. hoisin sauce
1 garlic clove
Juice from 1 lime

NOODLE BOWL TOPPINGS:

1 - 16 oz. package of rice stick noodles
1/2 red pepper, *julienned*
3 carrots, *julienned*
1 cup snap peas
1 cup julienned purple cabbage
1 cup chopped cucumber
1/4 cup chopped green onion
1/4 - 1/2 cup chopped peanuts
Bunch fresh mint
Bunch fresh cilantro
Lime wedges or slices for garnish

PREPARATION:

In a large bowl mix together the lime zest, lime juice, ginger, garlic, sugar, salt and coconut milk. Mix until smooth. Add the turkey filets, making sure they are submerged. Marinate for 4-12 hours. Marinate overnight for maximum flavor.

Using a hand blender or food processor, combine all of the peanut coconut milk dressing ingredients and mix until smooth and creamy.

Heat grill to high. Sear turkey on first side, 5-8 minutes. Reduce heat to medium-high. Flip turkey breasts. Cover grill; cook until turkey reaches an internal temperature of 160°F, 10-20 minutes. Remove breasts from the grill and let rest 10 minutes before slicing. While turkey is resting, cook rice stick noodles according to package directions. After draining noodles, rinse under cool water and set aside.

Assemble by separating noodles into 6 large bowls, top with red pepper, carrots, snap peas, cabbage and cucumber. Add sliced turkey breast, the top with green onion, chopped peanuts, mint and cilantro. Drizzle with dressing. Garnish with lime wedges or slices and serve. You can also serve buffet-style and let guests assemble their own bowls.

Recipe adapted from aprettylifeinthesuburbs.com