



# Asian turkey wraps

Prep: 10 minutes • Cook: 20 minutes • Serves: 2



## Ingredients

1 tablespoon olive oil  
½ red onion, finely chopped  
150g lean turkey mince  
1 clove garlic, minced or finely chopped  
1 red chilli, finely sliced  
100g carrot, peeled & cut into fine strips  
1 tablespoon low-salt soy sauce  
Handful coriander, roughly chopped  
Small handful mint, roughly chopped  
2 limes, juiced  
50g chickpeas, drained and dried on kitchen paper  
1 teaspoon cumin seeds  
2 wholemeal tortilla wraps  
6 spring onions, finely chopped  
70g shredded lettuce

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Low protein ✗  
Low salt ✓  
Low fat ✓

Cost per portion (January 2023) **£1.99**

Carbohydrate **48.7g**

Energy in kcals **462**

- 1** Heat half the oil in a frying pan over a medium heat and fry onion until soft. Add in the turkey, garlic and chilli and cook until turkey is cooked through, about 10 minutes. Add in carrot and cook for a further 5 minutes. Drain the excess liquid out of the frying pan and turn off heat.
- 2** Add the soy sauce, coriander, mint and lime juice to the turkey mixture and set aside for the flavours to develop.
- 3** Heat remaining oil in a separate pan over a high heat and add chickpeas and cumin seeds. Cook until crispy; keep them moving so they don't burn.
- 4** Warm the tortilla wraps. Divide the turkey mixture equally between the two wraps. Top with chopped spring onions, chickpeas and lettuce. Seal and roll-up wraps to serve.