



#### NUTRITION PER SERVING

#### INGREDIENTS

2 Tbsp olive oil  
3/4 cup fresh ginger, roughly chopped  
3/4 cup fresh garlic, roughly chopped  
4 yellow onions, small dice  
Kosher salt, to taste but typically  
6 grams per pound of ground meat  
(so 30 grams in this case)  
Freshly ground black pepper, to taste  
5 pounds ground turkey  
4 yellow onions, small dice  
5 pounds carrots, shredded  
5 pounds mushrooms, quartered  
4 cans bamboo shoots, sliced  
4 cans water chestnuts, sliced  
4 cups coconut milk  
4 cups water  
1/2 cup Sambal plus what  
you'll use to garnish  
1/4 cup fish sauce  
2 large bunches cilantro, roughly chopped  
plus what you'll need to garnish

## THAI TURKEY THROWDOWN

#### PREPARATION INSTRUCTIONS:

1. Heat olive oil in two 14" sauté pans over high heat. When oil runs like water when pan is tilted side to side, add the ginger and garlic and stir. Cook until garlic begins to toast, then add onions and a pinch of salt and stir to incorporate.
2. Season the top side of the turkey with salt and pepper and place, seasoned side down in the oil, garlic and ginger. Season top side of turkey once more with salt and pepper. Lightly break up turkey. Cook for four minutes.
3. Push all of the turkey to the center of the pan, add the carrots around the edge of the pan, and cover carrots and turkey with mushrooms. Cook for five minutes, then begin folding all ingredients together
4. Add bamboo shoots, water chestnuts and coconut milk and bring entire mixture to a simmer. Stir well, break up any turkey chunks, and when mixture has reached a simmer, season with Sambal and fish sauce.
5. Stir one final time, then cut the heat. Finish with fresh cilantro and season one final time with salt and pepper to your liking.
6. Portion out into individual containers, garnish with Sambal and cilantro. Refrigerate for up to 5 days or freeze for up to 6 months. Bon Appetit!

**Yield: 16 portions**

“KEEP IT PALEO!”