



PREP TIME : 10 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- **1 tbsp (15 mL) VH[®] Soya Sauce**
- **1 tsp (5 mL) cornstarch**
- **2 tsp (10 mL) minced fresh ginger root**
- **1/2 lb. (250 g) turkey breast cut into strips**
- **2 tbsp (30 mL) vegetable oil**
- **6 green onions, coarsely chopped**
- **6 mushrooms, quartered**
- **1/2 sweet red pepper, coarsely chopped**
- **1 bottle (355 mL) VH[®] Szechwan Stir-Fry Sauce**
- **1 tsp (5 mL) cider vinegar**
- **3/4 cup (180 mL) plain peanuts**
- **Fresh minced cilantro**
- **Yet-ca-mein noodles (or Chinese noodles or rice),**

Directions :

- 1. Mix VH[®] Soya Sauce, cornstarch and fresh ginger in a bowl. Add the meat and toss to coat evenly. Cover and refrigerate for 30 minutes.**



Spicy Szechwan Stir-Fry

- 2. Heat oil in wok or a non stick skillet set over medium-high heat. Stir-fry the meat until it is no longer pink. Add onions, mushrooms and red pepper; cook for 5 minutes.*
- 3. Add VH® Szechwan Stir-Fry Sauce and cider vinegar; continue cooking for 3 minutes.*
- 4. Add peanuts and cilantro and cook for 1 minute.*
- 5. Serve with Yet-Ca-Mein noodles (or Chinese noodles or rice); prepare following package directions.*

Tip: Substitute the type of meat (beef, pork) and the flavour of VH® Stir-Fry Sauce (Sweet & Sour, Teriyaki, or Orange Ginger) for a different stir-fry combination every time!

Perfect for a complete meal.