

DINNER

Turkey Larb

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	10 min	20 min	4	\$5.42	530 kcal



Turkey Larb could be just the gluten free and dairy free recipe you've been looking for. One serving contains 530 calories, 45g of protein, and 14g of fat. This recipe serves 4. For \$5.42 per serving, this recipe covers 30% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 4 servings Freshly ground black pepper
- ☐ 3 tablespoons vegetable or canola oil
- ☐ ½ cup chopped fresh mint leaves
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons fresh lemon juice, from 1 large lemon
- ☐ 1/3 cup fresh lime juice, from about 5 limes
- ☐ 3 shallots, thinly sliced
- ☐ 1 head butter lettuce, leaves separated
- ☐ 2 tablespoons fish sauce
- ☐ 1½ pounds ground turkey, preferably dark meat
- ☐ 4 servings Kosher salt
- ☐ 4 inch lemongrass, minced (about 1/4 cup)
- ☐ ½ red onion, diced
- ☐ 4 servings Serving suggestion: sticky or steamed white rice

☐ 1 Thai chile, such as prik kee noo, or 1 serrano chile, stemmed and thinly sliced
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EQUIPMENT Bowl, Frying pan, Whisk

Method

- 1 Watch how to make this recipe.
- 2 Dressing: In a small bowl, whisk together the lime juice, lemon juice, fish sauce and honey. Set aside.
- 3 Larb: In a large skillet, heat the oil over medium heat.
- 4 Add the onion, shallots, lemongrass, chile, and salt, to taste. Cook until the vegetables begin to soften, about 5 minutes.
- 5 Add the turkey and season with salt. Cook, stirring frequently, until the meat and vegetables are cooked through, about 5 minutes.
- 6 Add the dressing to the pan and cook for 2 minutes.
- 7 Remove the pan from the heat and stir in the mint. Season with salt and pepper, to taste.
- 8 Spoon the turkey mixture onto the lettuce leaves and arrange on a serving platter.
- 9 Serve with sticky rice.

Nutrition per serving			
	530	45 g	14 g
	KCAL	PROTEIN	FAT
			57 g
			CARBS
Saturated Fat			1.7 g · 11% of daily needs
Fibre			3.2 g · 13% of daily needs
Sugar			12.1 g · 13% of daily needs
Sodium			998 mg · 43% of daily needs
Cholesterol			93.6 mg · 31% of daily needs
Vitamin C			17.1 mg · 21% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/turkey-larb-148574