



Curry Turkey Bowls over Cauli Rice!



Michelle Fox



Ingredients

2 tbsp ghee, avocado oil, or coconut oil
1 head cauliflower
1 tsp sea salt
pepper to taste

Directions

Wash and coarsely chop cauliflower. Pulse in food processor until you get a riced consistency. In lieu of a food processor, please finely chop cauliflower by hand.

Heat oil on medium-high heat. Saute riced cauliflower, adding sea salt and pepper at any time, for about 5 minutes. Taste for texture, cooking longer if you prefer a softer rice.

Cauli Rice



4 servings

Curry Turkey Bowls



4 servings

Ingredients

2 tbsp coconut oil or ghee
1 lb ground turkey, tempeh, or vegetarian alternative
1 small onion (red or yellow)
2 cups snap peas
1 cup full fat coconut milk (usually found in a can)
3 tbsp curry powder
1/2 cup chicken, beef or vegetable broth
Sea salt and pepper to taste
Optional: any herbs you may have (basil, cilantro, parsley or dill)

Directions

Chop the onion and set aside.

Heat oil at medium-high heat. Add turkey (or vegetarian alternative) and a dash of sea salt and saute until meat is browned.

Wash and cut the snap peas in half while protein is cooking. Once protein is cooked, remove from heat and pour into new container.

Saute onion and a dash of sea salt in the same pan the protein was cooking in. Once the onions become translucent, add the coconut milk, broth and curry powder. Let the mix simmer for about 5 minutes.

Add the snap peas and cook for about 3 more minutes. Return your protein to the pan, give it a good mix and remove from heat. Add sea salt and pepper to your liking.

This dish makes excellent leftovers as the flavors only get richer after more time to marinate!