

# TURKEY MEATBALLS

## INGREDIENTS

- 1 lb lean ground turkey
- 3 garlic cloves, minced
- $\frac{1}{4}$  cup onion, finely chopped
- $\frac{1}{4}$  cup parsley, chopped
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{2}$  teaspoon oregano
- 1 egg, beaten
- $\frac{1}{2}$  cup dry breadcrumbs

## DIRECTIONS

1. Mix all the ingredients and shape into 30 meatballs approximately 1" across.
2. Spray a non-stick pan lightly with veggie oil.
3. Cook the meatballs for 5-6 minutes or until cooked through and nicely browned on the outside. You will likely have to repeat the process for a second batch unless you have one big frypan!



# TURKEY AND CRANBERRY SCHNITZELS

## INGREDIENTS

- 4 (about 1.3kg) Turkey Breast Fillets
- 3/4 cup Cranberry Sauce
- 1/3 cup Plain Flour
- 3 Eggs, lightly beaten
- 4 cups Fresh Sourdough Breadcrumbs
- Rice Bran Oil or Canola Oil, for frying
- Cranberry Jelly, Mayonnaise and Lemon Wedges, to serve

## DIRECTIONS

1. Preheat oven to 180°C (160°C fan-forced). Slice turkey fillets horizontally in half or into 1cm-thick slices, gently pressing to flatten. Spread one side of each piece with cranberry sauce. Then lightly dust in flour, dip in egg and evenly coat in breadcrumbs. Place on a tray.
2. Heat 1 cm oil in a large non-stick frying pan over medium heat. Cook schnitzels, (place cranberry side down first), in batches for 2-3 minutes on each side until golden and cooked through. Place on a baking tray lined with baking paper. Bake in oven for 5-8 minutes until just cooked through. Drain on paper towel.
3. Serve chilled schnitzels with cranberry jelly, mayonnaise and lemon wedges



# TURKEY LASAGNE

## INGREDIENTS

- 2 tbsp Olive Oil
- 1 Leek, washed and sliced
- 2 cloves *Garlic*, crushed
- 200 g Mushrooms, sliced
- 1/3 cup Plain Flour
- 3 cups Milk
- 3 cups Roasted Turkey, chopped
- 1 1/2 cups Tasty Cheese
- 375 g sheets Fresh Lasagne
- 1 cup Tomato Passata
- 200 g Fresh Ricotta Cheese, crumbled
- Rocket Leaves, to serve

## DIRECTIONS

1. Preheat oven to 180°C or 160°C fan. Heat oil in a medium saucepan to medium-high heat. Add leeks and garlic and cook for 3 mins, or until softened. Add mushrooms and cook for 2 mins. Sprinkle with flour and cook for a further 2 mins. Add milk and cook, stirring, for 5-7 mins, or until thickened. Add turkey and  $\frac{1}{2}$  cup cheese. Season with salt and pepper.
2. Spread base of a 16cm x 28cm baking dish with  $\frac{1}{3}$  cup turkey mixture. Top with 2 lasagne sheets. Spread with  $\frac{1}{3}$  of remaining turkey mixture and another layer of lasagne sheets. Repeat layers twice more, finishing with lasagne. Top with tomato passata, ricotta cheese and remaining tasty cheese. Bake for 30-35 mins, or until golden and bubbly. Serve with rocket.



# PALEO TURKEY PESTO MEATBALLS

## INGREDIENTS

- 2 lbs. ground turkey
- 1/2 cup almond flour
- 1/2 cup pesto
- 2 egg whites
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper

## DIRECTIONS

1. Preheat the oven to 375 degrees F. Line a baking sheet with aluminum foil and then place a wire cooling rack on top of the baking sheet. Coat the wire rack well with coconut oil spray.
2. In a large bowl, mix together all of the ingredients. Roll the mixture into small balls using your hands and place on the wire rack. Bake for 20-25 minutes until cooked through.



# TURKEY NOODLE SOUP

## INGREDIENTS

- 250 g Flat Rice Noodles
- 2 cups Leftover Turkey Meat, sliced
- 1/2 cup Mint Leaves
- 1/2 cup Coriander Leaves
- 2 Spring Onions, thinly sliced
- 1 long Red Chilli, thinly sliced
- 1 long carrot, thinly sliced
- Shallots
- 2 Limes, quartered

## STOCK

- 1 Roast Turkey Carcass
- 1 Onion, roughly chopped
- 3 cm-piece Ginger, sliced
- 2 Garlic Cloves, sliced
- 2 Cinnamon Sticks
- 2 Star Anise
- 1/2 tsp Black Peppercorns
- 10 cups Water
- 2 tbsp Fish Sauce
- 1-2 tbsp Soy Sauce
- 2 tsp Brown Sugar

## DIRECTIONS

1. To make the stock, combine turkey bones, onion, ginger, garlic, cinnamon, star anise, peppercorns and water in a large saucepan. Bring to the boil. Reduce heat to low. Cover and simmer for 1 hr. Uncover and simmer for 30 mins or until liquid reduces slightly. Strain through a sieve into a clean saucepan and heat until almost boiling. Season with fish sauce, soy sauce and sugar.
2. Place noodles in a large heatproof bowl. Cover with boiling water. Stand for 5 mins, then drain. Divide among bowls. Add the sliced turkey. Ladle the hot stock into the bowls, and add top with mint, coriander, spring onion, carrot, shallots and chilli. Serve with lime wedges.



# TURKEY SAUSAGE ROLLS

## with Sweet Chilli Sauce

### INGREDIENTS

- 1.5kg turkey mince
- 2 small onions
- 4 granny smith apples
- 4 potatoes
- 1 egg
- $\frac{1}{2}$  cup bread crumbs
- $\frac{1}{4}$  cup sweet chilli sauce
- Salt and pepper
- Mixed herbs and spices of choice
- 8 Puff pastry sheets

### DIRECTIONS

1. Preheat oven to 180 degrees Celsius.
2. Mix all ingredients together, chopping potato, apple, onion very finely with a food processor.
3. Lay out pastry, and fill in a line half a sheet each with mince mixture, rolling up in a long roll.
4. Cut into preferred size sausage rolls and place on baking tray with room in between for spillage.
5. Coat with an egg and milk mix and pierce the top of each sausage roll.
6. Cook for 20-30 minutes until golden brown on top. Serve with sweet chilli sauce or plain sauce.

