

TURKEY CURRY IN A HURRY

This curry turkey cooks up in a hurry! It's bright and zippy with fresh carrots, mushrooms and bright green beans. The turkey cooks quickly in a light, coconut creamy sauce sparked with curry. Ready in less than 30 minutes. Serve it on a bed of barley and the meal is loaded with nutrients, protein and fiber. Leftovers, if there are any, taste great the next day.



Ingredients

- 1 small onion
- 2 medium carrots
- 8 ounces mixed mushrooms
- 2 lbs ground turkey
- 1 Tablespoon ginger
- 1 1/2 Tablespoons curry spice (see back)
- 6 ounces coconut milk
- 2 cups sliced green beans

From your pantry

- Juice 1/2 lemon
- 1 teaspoon soy sauce
- Oil
- Salt and pepper

Equipment:

- Large sauté pan
- Small pot with lid

PREPARATION: 10 MIN

COOKING: 20 MIN

READY IN: 30 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Dice **onion and carrots** into 1/2 inch pieces. Slice the **mushrooms** about 1/2 inch thick.
2. In a saute pan over medium-high heat, heat a drizzle of the **oil**. Add the onions, carrots, and mushrooms and saute for 3 to 5 minutes or until the mushrooms become tender. Push the vegetables to the side of the pan and add the **turkey**, breaking up, until no longer pink and cooked through, about 6 to 8 minutes. Stir in the **ginger and curry spices**. Cook, stirring another minute.
3. Stir in the **coconut milk**, scraping any browned bits that stick to the bottom of the pan.
4. Stir in **green beans**, partially cover the pan, and continue cooking about 3 minutes or until the green beans are just cooked through. Remove the lid and cook until sauce thickens, about 2 to 3 minutes more.
5. Add **lemon juice, soy sauce, and pepper** to taste.
6. Serve warm over **barley (see back)**. Enjoy!

Tips, Tricks, and Terms

Dinner in Barley any time

Barley is a grain that's loaded with fiber and has a wonderful nutty flavor.

To prepare, combine in saucepan:

- 1 cup barley pearl or hulled
- 3 cups water or stock
- Generous pinch of salt



Bring to a boil over high heat. When boiling, lower heat to a simmer, cover and cook the barley until the grain has opened and is tender. Pearled barley will cook in about 25 minutes; hulled barley will cook in 40 to 45 minutes. If the pan gets dry add a little more water. To serve the barley, drain any excess water, then cover and allow it to rest for about 5 minutes then fluff with a fork and enjoy.

Curry spice at home

To make your own curry spice, combine 2 teaspoons each of:

- chili powder
- cumin
- coriander
- turmeric
- dried thyme
- + 1 teaspoon cinnamon and cayenne

Store in a small jar with a lid.



GROWER SPOTLIGHT

R & R Cultivation specializes in growing organic gourmet mushrooms. Co-founders Nick and Lance believe that wholesome, fresh, nutritious mushrooms should be accessible to everyone and that local growers must lead the charge. When you buy R&R mushrooms, you can be confident they are 100% USDA-Certified Organic, sustainably produced, fresh, and cultivated with love.

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