

Curry Turkey Lettuce Wraps

Serves ~ 4

Ingredients

1 red onion
2 cloves garlic
2-3 tablespoons olive oil or coconut oil
1 inch piece fresh ginger
6 carrots
4 stalks celery
1 ¼ pounds ground organic turkey
2 tablespoons curry powder
¼-1/2 teaspoon sea salt
¼ teaspoon ground pepper
Romaine lettuce leaves, or Swiss chard leaves or kale leaves
Radishes, bell pepper and cucumbers
Sriracha sauce (hot sauce)

Method

1. Dice onion. Place in skillet.
2. Mince garlic and ginger. Place in skillet.
3. Drizzle olive oil over onion, garlic and ginger. Place over medium heat. Stir around as it begins to sizzle.
4. Dice celery and carrots. Add to the skillet. Mix around.
5. After about 5-7 minutes, the vegetables will be softened. Add the ground turkey. Break the turkey apart with a spatula and combine with vegetables.
6. Add the curry powder, salt and pepper. Combine thoroughly. Add a little more olive oil if needed to prevent sticking.
7. While the filling for the lettuce wraps cooks, get the lettuce leaves ready. Lettuce doesn't need much prep. Swiss chard or kale leaves may roll easily or you can steam them to prevent breaking.
8. Slice radishes, bell pepper and cucumbers to accompany lettuce wraps. To make a quick salad you could dice the veggies and mix with roasted sesame oil, rice vinegar and salt.
9. Serve lettuce wraps with veggies and hot sauce (if desired).