

Thanksgiving Turkey Curry with Peas and Cauliflower

Simple Every Day | November 2007



Spice up the day after Thanksgiving with a 30-minute curry that makes delicious use of leftover turkey.

- 1 MEDIUM ONION, COARSELY CHOPPED
- 1 1-INCH PIECE FRESH GINGER, PEELED AND COARSELY CHOPPED (2 TBSP.)
- 5 CLOVES GARLIC, PEELED AND QUARTERED
- 1/3 CUP WATER
- 2 TBSP. COOKING OIL
- 1 TBSP. CURRY POWDER
- 1 14-OZ. CAN UNSWEETENED LITE COCONUT MILK OR UNSWEETENED COCONUT MILK
- 1 1/2 LB. CUBED, COOKED TURKEY (4 CUPS)
- 3 CUPS CAULIFLOWER FLORETS, BROCCOLI FLORETS, AND/OR RED SWEET PEPPER CHUNKS
- 1/2 TSP. SALT
- 1/4 TSP. FRESHLY GROUND BLACK PEPPER
- 1/2 CUP FROZEN PEAS
- 3 TBSP. SNIPPED FRESH CILANTRO OR BASIL
- LEFTOVER MASHED POTATOES, WARMED, OR HOT COOKED RICE
- CHOPPED CASHEWS (OPTIONAL)
- CHUTNEY, INDIAN PICKLES, AND/OR RAITA (OPTIONAL)

Place the onion, fresh ginger, garlic, and water in a blender or food processor. Cover and blend or process until smooth. In a 12-inch skillet, cook the blended onion mixture in the hot oil over medium heat, stirring constantly, for 1 minute. Add the curry powder; cook and stir for 1 minute more. Stir in the coconut milk. Add turkey, cauliflower, salt, and pepper to the skillet; stir to combine. Bring to boiling; reduce heat and simmer, covered, for 15 minutes. Add the frozen peas; cook and stir for 2 minutes more. Stir in cilantro. Serve turkey mixture over mashed potatoes or rice. If desired, garnish with cashews and serve with chutney, pickles, and/or raita. Makes 6 servings.

Per serving: 399 cal., 14 g fat (5 g sat. fat), 88 mg chol., 640 mg sodium, 29 g carbo., 4 g fiber, 37 g pro.

CREATE YOUR OWN CURRY

This recipe offers all kinds of options so you can make it just to your liking. You choose the vegetables that go in it and what goes under it, too. Ladle it over leftover mashed potatoes, hot cooked rice—even wild rice—with Indian condiments on the side. For extra kick, serve with Thai red chile sauce.