



LEFTOVER TURKEY, SPROUTS, LENTILS & NUTS WITH TURMERIC CREAM



MINUTES TO PREPARE

5



MINUTES TO COOK

20



SERVES

2

INGREDIENTS

250g-300g leftover turkey (frozen or fresh). *If you don't have turkey you can substitute for chicken breast, leftover or fresh)*

300g Brussels sprouts, *end and outer leaves removed, thinly sliced*
250g chestnut mushrooms, *thickly sliced*

1 onion, *peeled and sliced*

100ml white cooking wine

100ml double cream

200ml chicken, turkey or ham stock, or water mixed with 1

teaspoon vegetable bouillon

1 tablespoon rapeseed oil

1 teaspoon turmeric

Juice of 1/2 lime

2 tablespoons peanuts, *chopped*

2 tablespoons red lentils

Drizzle of chilli oil or 1/2 red chilli, *deseeded and finely sliced*

LET'S GET COOKING

- 1 Heat the rapeseed oil in a large frying pan pan over a medium heat. Add the onion, mushrooms and Brussels sprouts and cook for 10 minutes, or until they start to brown and soften. Stir from time to time. Add the lentils and wine and bring to the boil. Reduce the wine until it is almost completely absorbed by the vegetables. This will add flavour.
- 2 Add the cream, stock, turmeric and turkey and bring back to a gentle boil. Turn down to a very gentle simmer and cook for 5 minutes, until the turkey is piping and the lentils are soft.
- 3 Meanwhile, dry-roast the peanuts in a small frying pan over a high heat until golden brown, and add them to the turkey and vegetables.
- 4 Add the lime juice, salt and pepper. Taste and add more lime, salt, pepper or chilli to your liking.

"I seem to consume endless amounts of potatoes in the run up to Christmas, and on the 26th I can't bear to look at another one. It's as if my body, mind and belly have clicked into January already and are ready to start their healthful kick. However, there's often still leftovers lurking in the fridge, freezer and store cupboard well into the New Year. Sprouts and mushrooms last a long time in the fridge, and hopefully you may still have some leftover turkey in the freezer that you're wondering what to do with. I've used leftover cream here but you could just as easily use coconut milk instead. Just adjust the amount of stock so that you still use the same quantity of liquid. You can also substitute the turkey for leftover roast chicken or freshly sliced chicken breast. If you are using raw chicken, simply cook it in the creamy sauce for 15 minutes or until cooked"