

Turkey Veggie Casserole

Serves 4

- 1 cup cooked brown rice
- 1 cup whole milk or dairy alternative
- 1 tsp turmeric
- 1 tsp coriander
- 1/2 tsp cumin
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 cup chicken or vegetable broth
- 2 tbsp olive oil
- 1 cup sweet onion, chopped
- 1 lb (450 g) ground turkey,
- 1 clove garlic, chopped
- 2 cup carrots, sliced
- 1 1/2 cups zucchini cut into half slices
- 2 cups green cabbage, chopped
- 1/2 cup sliced cashews, chopped
- 1/2 cup raw milk, aged cheddar, shredded

Pre-heat oven to 350 degrees F. Add cauliflower, half the milk, turmeric, coriander, cumin, sea salt and pepper into a food processor or blender and puree until smooth. Set aside. Stir in the rest of the milk and broth to the cauliflower mixture. Place the onions and olive oil in a frying pan over medium heat and lightly sauté. Add the turkey and garlic and cook until lightly browned. Transfer to a casserole dish and add the vegetables and the rice mixture. Mix well. Cover and place in the oven and bake for 25 minutes. Mix the cashews and cheese together. Remove the lid of the casserole dish and sprinkle on the nut-cheese mixture, bake for another 5-10 minutes until the cheese melts and the nuts are slightly roasted. Remove from the oven and serve.