



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

TURKEY TOMATO SAUCE

Time: 60 minutes

Serves: 6

Ingredients:

20ml extra-virgin olive oil
750g ground turkey
1 onion - diced
2 cloves garlic - finely chopped
800ml canned whole tomatoes
250ml vegetable or chicken stock
1 bunch kale - roughly chopped
4g kosher salt
3g fresh basil - chopped
2g fresh oregano - chopped
0.5g chili flakes

Preparation:

Place a large pot on medium-high heat and add the olive oil.

Add the turkey and cook, breaking apart any chunks, until lightly browned.

Stir in the onion and garlic and cook, stirring occasionally for five minutes.

Add the remaining ingredients to the pot, breaking the tomatoes apart with a spoon.

Bring to a boil, then reduce heat to simmer partially covered for 40 minutes, stirring occasionally.

Serve immediately or reheat and serve later.

Nutritional Information Per Serving:

Calories: 316
Fat: 19g
Carbs: 15g
Fibre: 3g
Protein: 25g