

TURKEY MEATBALLS & KALE IN LEMONY GARLIC BROTH – GUEST RECIPE



Guess what? I'm not Claire.

I'm Irena from Eat Drink Paleo and I am super excited to be here at Dom's Kitchen sharing one of my recipes with you. I've known Claire for a while through our paleo/real food blogger community and I'm so happy to be able to say hi to all of you lovely readers.

My guest recipe is a nourishing and delicious stew with turkey meatballs, kale and lemony broth. This dish is actually from one of the meal plans in my [Meal Plan for Paleo](#) and it's very popular with our participants. It's comforting for winter days, but is equally suitable for those in warmer regions. I also love that it's a one-pot kind of dish. It reminds me of a dish I used to eat as a kid, although we didn't have kale back then ☐

A few notes before you get cooking!

- Meat: Turkey, chicken or pork mince can be used in this recipe. Even fish would work really well with the flavours of the soup. If you can't find ground up chicken or turkey mince, get some

thighs (skin and bone off) and grind it up using a food processor.

- Herbs: Other herbs like sage and oregano can be used instead of thyme and coriander or basil will work well instead of parsley.
- AIP: Omit the chilli and use parsnip or sweet potato instead of white potato. White potato is A-ok in our program but of course, you can swap it out.

You can add other types of vegetables this soup/stew. Broccoli and carrots might work better than kale with the little ones. If you include green fresh peas in your diet, then those would also make a great addition.

As a side note, if you're not familiar with the [Happy Body Formula](#), do check it out! It's perfect for anyone kicking off their health journey or simply looking for a more structured and guided way to get healthier and to eat better. I developed all of the meal plans and recipes, which have all be reviewed by a nutritionist, and if you like this recipe, then you would love the whole 9-week challenge.



Registrations for Round 4 are now open, and we are kicking off the next 9-week program on Monday 19 September 2016. And, I would like to offer a special discount offer for Dom's Kitchen readers. Use code Happy20 at check out, to get \$20 off the price.

Ok, now back to meatballs! The recipe is pretty straightforward but if you have any questions, leave a comment and Claire will pass it on to me. Happy to answer any other questions you might have. Thanks for having me over at Dom's Kitchen.

Irena

Turkey Meatballs & Kale In Lemony Garlic Broth - Guest Recipe



Prep time

20 mins

Cook time

20 mins

Total time

40 mins

Author: Irena Macr

Recipe type: Stew

Serves: 3-4

What you need:

For the meatballs

- ½ leek, (pale part), roughly cut (or 2 spring onions)
- handful of fresh parsley (about 10 g)
- few mint leaves if available
- 4-5 sprigs of fresh thyme, leaves only (1 tablespoon thyme leaves)
- 1 large clove garlic
- zest of 1 lime
- 600 g ground turkey mince (or 5 chicken thighs ground up, skin and bone off)
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon coconut oil

For the soup

- 2 tablespoons olive oil
- ½ leek (green and pale part)
- 5 peels of lemon
- 1 large carrot, peeled and diced into halves
- 1 large white potato or 1 parsnip, peeled and diced into small cubes
- 3 cloves garlic, sliced
- 1 teaspoon cumin seeds or ground up cumin powder
- 2 star anise
- 3 cups chicken stock
- 1 ½ tablespoon fish sauce

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