



**GLUTEN FREE
TURKEY CASSEROLE**

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Serves: 6
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
386 kcal
7g Fats
38g Carbs
43g Protein



WHAT YOU NEED

- 8 oz. (230g) gluten free or quinoa pasta
- 1 tbsp. coconut oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 2 lbs. (900g) ground lean turkey
- 1 medium zucchini, chopped
- 1 pepper, chopped
- 1 can chopped tomatoes
- 240ml chicken stock
- 3 tbsp. tomato paste
- 2 tbsp. coconut cream or dairy free alternative
- $\frac{3}{4}$ cup (75g) dairy free cheese or mozzarella

WHAT YOU NEED TO DO

Heat the oven to 375°F (190°C). Cook the pasta al dente according to instructions on packaging.

Heat the oil in a large frying pan and cook the onion and garlic until translucent. Add in the turkey and stir well while cooking for a few minutes.

Next, add in the chopped zucchini and pepper, tomatoes and chicken stock and bring to boil. Now, add in the cooked pasta and cream. Mix well and take off the heat.

Transfer everything into an oven safe dish and top with mozzarella. Bake in the oven for about 20 minutes until golden brown.