



cara price

HARISSA TURKEY HASH

INGREDIENTS

- 2 pounds ground turkey
- 1 pound sweet potatoes, peeled & cubed into small pieces
- 2 cups broccoli, finely chopped
- 2 cups kale, hard stems removed & chopped
- 1 red bell pepper, chopped into bite size pieces
- 4 tablespoons olive oil
- 2 teaspoons salt, divided
- 2 teaspoons smoked paprika
- 1 teaspoon black pepper
- 1 teaspoon chili powder
- 1/2 teaspoon cumin

for the sauce:

- 1 cup light coconut milk
- 2 tablespoons harissa paste (I used this one)
- 1 tablespoon arrowroot flour
- 1 teaspoon lemon juice
- 1/2 teaspoon apple cider vinegar

DIRECTIONS

in a large cast iron skillet, heat 2 tablespoons of olive oil. sauté the potatoes, until they begin to brown & soften. add in the broccoli, kale & red bell pepper & continue cooking until all the veggies are done. sprinkle with 1/2 teaspoon of the salt. remove the veggies from the skillet to a bowl & keep warm.

heat the remaining 2 tablespoons of olive oil over medium-high heat & brown the ground turkey. when the turkey is almost done, sprinkle the remaining salt, paprika, pepper, chili powder & cumin over the meat & stir well. continue cooking turkey until done.

turn heat on your burner to low & add the veggies back in to the meat. stir to evenly distribute everything in the pan.

in a large measuring cup whisk all the ingredients together for the sauce (be vigorous with this in order to get the arrowroot flour mixed well - you can do this with a fork, or I like to use a tiny whisk).

pour the sauce over the entire hash, stir & simmer 3-5 minutes on low.

serve immediately.