



Creamy Coconut Spaghetti & Turkey Meatballs

INGREDIENTS

- 2 slices whole-wheat bread, hand torn into small pieces
- 1 large egg, slightly beaten
- 1 lb. ground turkey
- 1 ½ tsp salt
- 1 tsp black pepper
- 4 cloves garlic, minced
- 2 Tbsp. olive oil,
- 1 can coconut milk, set 4.5 tsp coconut milk to the side in separate bowl
- 4.5 tsp cornstarch
- 2 carrots, cut in bias slices
- ½ cup sliced onion
- 1 packet whole-wheat spaghetti (or other whole-wheat pasta)

DIRECTIONS:

1. Combine the bread pieces, egg, turkey, salt, pepper and garlic in a large bowl, until well combined.
2. Form into balls.
3. In a large sauté pan, heat the olive oil for about 30 seconds. Add the meatballs, one at a time, taking care not to overcrowd the pan.
4. Cook for about 10 minutes, until the meatballs have reached an internal temperature of 165 °F. They should be brown on all sides.
5. Meanwhile, bring a large pot of water to a boil, add the pasta and cook per package directions.
6. Use a fork to whisk 4.5 tsp cornstarch with 4.5 tsp coconut milk to make slurry and set aside.
6. When all the meatballs are cooked remove them from the pan and place onto a plate.
7. In the same pan used to cook the meatballs, reduce heat to medium-low and using a wooden spoon scrape up any of the brown bits (known as fond) that was left over during the cooking process.
8. Add in the coconut milk, coconut milk slurry, carrots and onions and simmer, still on medium-low heat, for three minutes.
9. Add the meatballs back to the pan and allow to cook for another minute or so, until well combined with the coconut milk and vegetables.
10. Add salt and pepper to taste and serve atop pasta.

CHEF TIP: Make sure to whisk coconut milk and cornstarch until there are no lumps left in the slurry

FOOD SAFETY: Make sure meatballs are cooked to 165°F to ensure they are cooked thoroughly.

Raven Tuffin
EFNEP Educator
rstuffin@ncsu.edu

