

THE

CrossFit

KITCHEN



THAI TURKEY MEATBALLS WITH CAULIFLOWER RICE

By Nick Massie

Overview

Nick Massie of [PaleoNick.com](http://paleonick.com) last served up [Mexican meatballs](#). This time, he's going Thai. Massie is the instructor for the newest CrossFit Specialty Course: [Culinary Ninja](#).

Ingredients

- 2 lb. ground turkey
- 6 c. carrots, shredded
- 8 c. cauliflower, shredded
- 2 c. light coconut milk
- 2 c. bamboo shoots
- 2 c. water chestnuts
- 3 c. onions, diced
- 3 c. green bell pepper, diced
- 1 c. ginger, minced
- 5 tbsp. Paleo Grind Ga Ga Garlic
- Cilantro, to garnish
- 3 tbsp. sambal
- 3 tbsp. tamari or coconut aminos
- 2 eggs
- Olive oil, as needed

Directions for Meatballs

1. In a large mixing bowl, combine 2 lb. ground turkey, 2 c. carrots, 1 c. onions, 1 c. bell peppers, ½ c. ginger, two eggs and 3 tbsp. of Ga Ga Garlic. Mix well until uniform.
2. Heat a cast-iron skillet over medium-high heat and add 1 tbsp. of olive oil. Using a 1-oz. portion-control scoop, scoop meatball mixture into the pan. Repeat the process until the meat mixture is gone and you've got a pan full of meatballs.
3. Turn them 3-4 times with the goal of achieving nice caramelization on all sides and an internal temperature of 165 F.
4. When the meatballs are done, scoop 2 large spoonfuls of cauliflower rice onto a plate, top with the 4-5 meatballs, and garnish with sambal and cilantro.



Directions for Cauliflower Rice

1. Heat a cast-iron skillet over medium-high heat. Add 1 tbsp. olive oil, ½ c. ginger, 1½ tbsp. sambal, 2 c. onions, 2 c. bell peppers, 4 c. carrots, 8 c. cauliflower, 2 tbsp. Ga Ga Garlic, and tamari. Stir to incorporate all ingredients. Place a lid on the pan and cook for 7 minutes.
2. Remove the lid; stir the rice; add coconut milk, water chestnuts and bamboo shoots; and cook for 3 minutes longer.
3. Remove the pan from the heat and enjoy the rice immediately.
4. You can portion the rice and refrigerate for up to 5 days or freeze for up to 6 months.