



Turkey Cutlets with Ginger Peach Chutney

By Jennifer Brawn

Turkey cutlets are quick to cook and are delicious with fruit chutneys. This ginger peach version also goes well with chicken, pork, and fish such as tilapia.

4 servings

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients

- 2 pounds fresh peaches
- 1 tablespoon butter or coconut oil
- 1 large shallot, halved lengthwise and thinly sliced
- 2 teaspoons finely grated ginger
- 1-2 tablespoons maple sugar, succanat, or other natural sugar
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh mint, plus a few sprigs for garnish
- salt
- 1 pound turkey breast, cutlets or turkey tenderloins
- freshly ground black pepper
- extra virgin olive oil



Photo: Lori Eanes Photography

Instructions

Bring 2-quarts of water to a boil in a medium pot over high heat. Poke each peach with the tines of a fork a few times and carefully add to the boiling water. Blanch the peaches for 2-3 minutes and drain. Plunge the peaches into a bowl of cold water to cool them. Slide the skins off of the peaches and discard them. Cut the flesh away from the pit and roughly chop, reserving any juices, and set aside.

In a medium skillet, heat the butter or oil over medium high heat until melted. Add the shallots and sauté 3-4 minutes until they begin to brown slightly. Add the ginger and sauté 30 seconds more. Stir in the peaches and any remaining juices along with the sugar and cook for 1-2 minutes until fruit begins to slightly break down and the sugar has dissolved. Turn off the heat and stir in the lime juice, mint, and pinch of salt.

One by one, place the turkey cutlets on a cutting board and cover the cutlet with plastic wrap. With a mallet, pound the cutlets to about ¼-inch thickness. Sprinkle both sides of the turkey with salt and freshly ground pepper. Heat a tablespoon of olive oil in a large sauté pan, over medium high heat. Cook the turkey cutlets in batches undisturbed until the edges are cooked and turn white and the turkey is cooked through, about 3 minutes on both sides.

Divide the cutlets onto plates and spoon chutney over the top. Garnish with a sprig of fresh mint.