

FREE RECIPE CARDS FROM NOCHEFAI

8 Leftover Turkey Lunches

High-protein lunches from the roast you already cooked. Leftover roast chicken works too.

BEFORE YOU START

Leftovers, kept safe

The USDA basics, so your lunches are as safe as they are tasty.

1

Fridge within 2 hours

Get leftovers into the fridge within two hours of cooking. Cut turkey off the bone first.

2

Shallow containers

Small, shallow containers cool fast. A whole bird or one big tub cools too slowly.

3

3 to 4 days in the fridge

After four days, throw it out. Freeze anything you won't eat by then.

4

2 to 6 months frozen

Frozen leftovers keep their best quality for 2 to 6 months. You can reheat them from frozen.

5

Reheat to 165°F (74°C)

Check with a food thermometer. Soups and sauces should come to a rolling boil.

PART ONE

Quick rice & wraps



01

15 min

Turkey nasi goreng

INGREDIENTS

- 1 1/2 cups (250 g) day-old rice
- 1 tbsp sambal + 1 tbsp kecap manis
- 1 cup (100 g) shredded turkey
- 1 egg, cucumber to serve

METHOD

Fry the sambal 1 min, add rice and fry 3 min, toss in the turkey and kecap manis. Top with a fried egg.



02

5 min

Cranberry turkey wrap

INGREDIENTS

- 1 wholewheat tortilla
- 2 tbsp Greek yogurt + 1 tbsp cranberry sauce
- 1 cup (100 g) sliced turkey
- 1 cup (30 g) spinach, red onion

METHOD

Spread yogurt and cranberry on the wrap, layer turkey, spinach and onion, roll tight and halve.



03

15 min

Ginger turkey noodle soup

INGREDIENTS

- 3 cups (720 ml) chicken stock
- 1 thumb ginger, sliced
- 1 cup (100 g) shredded turkey
- 1 nest (60 g) noodles, 1 bok choy

METHOD

Simmer stock with ginger 5 min, add noodles and bok choy for 4 min, stir in the turkey until piping hot.

PART TWO

Fresh & comforting



04

10 min

Turkey mango lettuce cups

INGREDIENTS

- 1 cup (100 g) diced turkey
- 1 red chilli, lime, coriander
- 1/2 mango, diced
- Butter lettuce, 1 tbsp peanuts

METHOD

Toss turkey, mango, chilli, lime juice and coriander. Spoon into lettuce leaves, scatter peanuts.



05

10 min

Turkey quesadilla

INGREDIENTS

- 2 tortillas
- 1/2 cup (55 g) grated cheddar
- 1 cup (100 g) shredded turkey
- Salsa to serve

METHOD

Fill a tortilla with turkey and cheese, top with the second, toast in a dry pan 3 min per side.



06

25 min

Turkey kari

INGREDIENTS

- 2 cups (200 g) turkey chunks
- 1 can (400 ml) coconut milk
- 2 tbsp curry powder + 1 onion
- 2 potatoes (300 g), diced

METHOD

Fry onion and curry powder, add coconut milk and potatoes, simmer 15 min, add turkey for 5 min. Serve with rice.

PART THREE

Make-ahead bakes



07

30 min

Creamy turkey pasta bake

INGREDIENTS

- 2 cups (200 g) penne
- 2 cups (200 g) shredded turkey
- 1 cup (240 ml) milk + 2 tbsp cream cheese
- 2 cups (60 g) spinach, 1/2 cup cheese

METHOD

Cook the pasta, stir in turkey, milk, cream cheese and spinach. Top with cheese, bake 15 min at 200°C / 400°F.



08

45 min

Turkey stuffed sweet potatoes

INGREDIENTS

- 2 sweet potatoes (500 g)
- 1 cup (100 g) shredded turkey
- 1/2 can (120 g) black beans + sweetcorn
- Greek yogurt, spring onion

METHOD

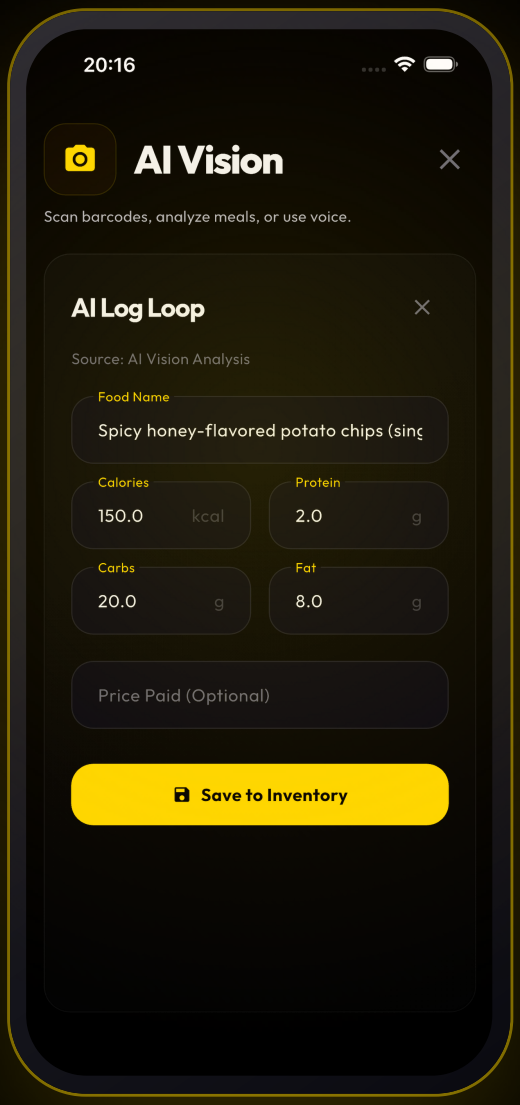
Bake the potatoes 40 min at 200°C / 400°F, split and fill with warmed turkey, beans and corn. Add yogurt.

Protein: 100 g of roasted turkey breast gives about 30 g protein and 136 kcal (USDA FoodData Central #174516).

DIFFERENT LEFTOVERS?

Snap your fridge. Get a recipe.

NoChefAI scans what you have, writes the recipe and counts the macros for you. Free on the App Store.



Download NoChefAI · Free

On the App Store · search “NoChefAI”