

Turkey Curry

Ingredients

- 1 tablespoon sunflower or vegetable oil
- 1 large onion, diced
- 15 g root ginger, finely grated
- 2 Cloves garlic, crushed
- 400 g cooked turkey, cut into chunks or shredded
- 2 tablespoons Tandoori Masala Spice
- 400 g can chopped tomatoes
- 75 g Maggi Coconut Milk Powder
- 20 g coriander leaves
- 4 tablespoons Low Fat Yogurt
- 1 small red chilli, finely sliced
- 200 g cucumber, diced
- 3 Mediums ripe salad tomatoes, diced
- 1 Medium Red onion
- 240 g Basmati or long grain rice (uncooked)

Instructions

1. Heat the oil in a large pan and fry the onion for a few minutes until turning light brown. Add the ginger and garlic and fry for a further minute or so.
2. Add the cooked turkey, spice powder and tinned tomatoes. Mix the coconut milk powder with 325ml boiling water and pour into the pan. Bring everything to a simmer and cook gently for 10-15 minutes, stirring occasionally until the turkey is piping hot and the sauce has thickened. Season to taste with salt and pepper and a pinch of sugar to counteract the sharpness of the tomatoes.
3. Make a quick kachumber salad - finely dice the red onion, cucumber and tomato - add a squeeze of lemon juice and a little seasoning. Serve with freshly cooked basmati rice and the turkey curry. Add a few onion bhajis as it is a special occasion!

Nutrition

Carbohydrate	25.57 g
Energy	435.14 kcal
Fat	21.21 g
Fibre	21.21 g
Protein	35.3 g
of which: saturates	35.3 g
Sodium	621.44 mg
of which: sugars	12.7 g

25 Minutes

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