

Indian Turkey Curry



Serves: 4



Ingredients:



- 2 garlic cloves, crushed
- 1 tbsp. rapeseed oil
- 2 tins of chopped tomatoes
- 4 carrots
- 300g of diced Turkey
- 2 onions, chopped
- 1 tsp. of garam masala
- 1 tsp. of turmeric
- 1 tsp. of cumin
- 4cm of fresh ginger peeled & grated
- 4 tablespoons of low fat yogurt
- 180g brown rice

Equipment:



2 large saucepans,
chopping board,
knife,
wooden spoon,
teaspoon,
tin opener,
tablespoon

Method:



1. Heat the rapeseed oil in a large saucepan and gently fry the onion for 5 minutes on a medium heat, until softened and golden.
2. Add the garlic, cumin, turmeric, ginger and garam masala and finely sliced carrots stirring continuously for 2 minutes, using a little water if the mixture becomes dry.
3. Add the two tins of chopped tomatoes and allow to simmer.
4. In another pan add the diced turkey and fry until all edges are sealed and white.
5. Add the turkey to the sauce and cover for 30 minutes with a lid.
6. Turn off the heat and slowly add the yoghurt mixing well and serve with brown rice.