

## Turkey curry

Serves 4

**2tbsp oil**

**1 large onion, chopped**

**3 garlic cloves, crushed**

**1tbsp ground coriander**

**½tbsp ground cumin**

**2tsp turmeric**

**5 cardamom pods, crushed**

**1 cinnamon stick**

**1tsp freshly grated fresh ginger**

**1 red chilli, seeded and finely chopped**

**500g turkey breast meat, cut into strips**

**1 tin chopped tomatoes**

**salt and pepper**

**3tsp sweet mango chutney**

**1 tin coconut milk**

*To serve*

**Rice**

**Naan bread**

- 1 Heat the oil in a large frying pan and fry the onion and garlic until soft.
- 2 Then add all the spices and the chilli stirring well with a wooden spoon for a couple of minutes.
- 3 Add the turkey and fry for a few minutes, turning each piece until brown on both sides.
- 4 Pour in the chopped tomatoes and season to taste. Cover with a lid and simmer for 25 minutes, or until the sauce has thickened.
- 5 Remove the lid and stir in the mango chutney. Add the coconut milk and simmer over a low heat for a further 15 minutes. Serve with rice and naan bread.



Fat	7g	Saturated fat	1g	Energy	251kcal		
Protein	33g	Sodium	.3g	Fibre	1g	Carbs	15g

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