

Indian Turkey Curry

Serves 4

Equipment

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



Ingredients

2 garlic clove, crushed	1 tsp. of garam masala
1 tbsp. sunflower (or rapeseed) oil	1 tsp. of turmeric
2 tins of chopped tomatoes	1 tsp. of cumin
4 carrots	4cm of fresh ginger peeled and grated
300g of diced Turkey (or chicken)	4 table spoons of low fat yogurt
2 onions, chopped	180g brown rice

Method

1. Heat the 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.
7. Serve with brown rice.