

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Turkey Curry

Ingredients

2 tbsp vegetable oil
1 onion, finely chopped
1 tsp grated fresh ginger
3 garlic cloves, crushed
1 tsp ground cumin
1 tsp garam marsala
1½ tsp ground coriander
½ tsp turmeric
¼ tsp chilli powder
227g tin chopped tomatoes
500g cooked turkey meat, cut into large pieces
500ml chicken stock or left-over turkey stock
2 tbsp chopped fresh coriander

Method

Heat the oil in a large saucepan and fry the onion until soft. Add the ginger and garlic and cook for a further 2-3 minutes.

Add the spices and stir constantly adding about 1 tbsp cold water after a minute. Cook for a further minute taking care not to burn them.

Add the turkey meat and cook for 1-2 minutes stirring gently to coat them in spices. Add the tomatoes and stir through and cook for a about 2-3 minutes.

Add the stock and cook for 10-12 minutes until the liquid has reduced by half. This will thicken and enrich the sauce. Season to taste with salt and black pepper.

Serve with steamed or boiled rice, fresh naan breads and a salad made from chopped tomato, red onion, cucumber, green chili with some fresh coriander, lime juice and a pinch a caster sugar, salt and pepper.