

Delicious Dinners

Turkey Curry



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Ingredients:

- 3 turkey breasts
- 1 medium onion
- 10 button mushrooms
- 1 can chopped tomatoes
- 1 tablespoon curry powder
- ½ teaspoon coriander
- ½ teaspoon cumin
- 2 tablespoons oil
- 1 cup rice

Equipment:

- Knife
- Chopping board
- Pans
- Spoon
- Cup



Method:

1. Rinse rice thoroughly under cold water. Add to a pan and pour in 2 cups of cold water. Place a lid on the pan and gently bring to the boil, when the water boils reduce to a simmer – leave the lid on and don't stir. Simmer for 5 minutes and check to see if the rice is cooked. Rinse using boiling water.
2. Cut turkey into bite sized chunks.
3. Peel and finely chop onion.
4. Halve mushrooms.
5. Add oil to a pan and heat to a medium heat.
6. Stir fry the onion and turkey breast until cooked through, approximately 5 minutes.
7. Add the mushrooms and cook for a further 2 minutes.
8. Stir in the curry powder, coriander, cumin and tomatoes and stir.
9. Simmer for 15 minutes.
10. Serve on a bed of rice.

Turkey is a great alternative to chicken and can be used in curries, stir fries and stews. It is low in fat, high in protein and contains tryptophan which is a natural sedative helping to calm your little ones down before bedtime! This curry is perfect for using up your Christmas turkey; just add the cooked turkey at the simmering stage to warm it through!