



Mild Turkey Tomato Curry

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

2 turkey breasts, in chunks
150g natural yogurt
4 small tomatoes, diced
1 yellow pepper, chopped
Half a small red onion, chopped
Juice and zest of half a lemon
Handful of chopped coriander
Some grated ginger

1 tbsp tomato puree
1 tsp garam masala
1 tsp cumin
1 tsp turmeric
1 tsp paprika
Half tsp cayenne pepper

Basmati rice to serve

Instructions

- 1) Fry the onion and ginger for a couple of minutes, followed by the turkey.
 - 2) Once it's browned, toss the spices and tomato puree together and add to the pan. Mix well into the turkey.
 - 3) Add the tomatoes, lemon and yoghurt with a bit a water. Stir well and let it simmer for 5 minutes.
-

-
- 4) Mix in the pepper, cover the pan and leave to cook for 10-15 minutes.
 - 5) Stir in some fresh coriander and serve atop steamed basmati rice.