



Speedy Turkey Tikka Masala

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 250g turkey
- 100g sweetcorn
- 1 green pepper

- 2 tomatoes, diced
- 1 tbsp tomato puree
- 2 tbsp red onion, chopped
- 4 tbsp natural yogurt
- 4 tbsp double cream

- 1 tsp cumin
- 1 tsp coriander
- Half tsp turmeric
- Half tsp paprika
- Half tsp garam masala
- Some grated ginger
- Some olive oil

Instructions

1. Fry the onion in the oil for a few minutes. Add the turkey to brown. Stir in the spices and ginger and toss to coat the turkey well.
 2. Add the tomatoes, puree, sweetcorn and pepper, simmering for 10 minutes.
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3. Stir in the yogurt and cream, simmering for another 5 minutes.
 4. Serve with steamed rice.