Star Anise Turkey Curry

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 200g turkey breast, chopped

- 2 whole star anise
- 1 tbsp grated ginger
- 1 tsp turmeric
- 1/2 tsp cayenne pepper
- 1 tsp garlic salt

- 1 tbsp honey
- 50ml hot chicken stock
- 2 spring onions, chopped
- 100g babycorn, chopped
- 100g spinach
- 2 tbsp red onion, chopped
- Some veggie oil

Instructions

1. Crush the star anise with the ginger, turmeric, cayenne and garlic. Mix in the honey, then stir in the turkey and leave to marinade for 15 minutes.
2. Heat the oil in a wok and fry the red onion, followed by the turkey to brown. Add the stock, then turn down to simmer.
3. Tip in all the vegetables except the spinach and continue to simmer for 5

minutes. Stir in the spinach to wilt.
4. Serve with steamed rice.