



This spiced turkey curry uses up leftover turkey and vegetables. Any green vegetables like broccoli, french beans and peas can be added at the end with the turkey.

PLOT

TO PLATE

WOODBANK NURSERIES STOCKPORT

THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE HAVE A COURSE FOR YOU.

WEEK SEVEN

TURKEY AND CHICKPEA COCONUT CURRY

Ingredients for 8 people.

3 tablespoons sunflower oil
2 onions, peeled and finely chopped
1.35kg mixed root vegetables such as potatoes or carrots, peeled and cut into small chunks
2 cloves garlic, peeled and chopped finely
1 1/2 tablespoon garam masala
1/2 tablespoon dried chilli flakes or chilli powder
200ml turkey or chicken stock
1 x 400g chopped tomatoes
200g tin chickpeas, drained
75g dried apricots, halved
500g cooked turkey meat
4 tablespoons yoghurt
2 handfuls fresh coriander leaves
2 x 400ml cans of coconut milk

INSTRUCTIONS

Heat a large sauce pan and add the oil, onions and cook, stirring until just browned about 10 minutes. Add the other vegetables and cook over the heat until lightly coloured, about 5 min.

Add the garlic, garam masala, chilli powder and cook for a further 1 minute. Pour in the stock, coconut milk, chopped tomatoes, chick peas, apricots and bring up to the boil, then turn the heat down, cover and simmer until the vegetables are almost cooked about 40 minutes

Add the cooked turkey meat and cook for a further 5 minutes or until the turkey is piping hot.

Turn the heat off, and just before serving add the yoghurt and coriander, serve with plain boiled basmati rice.

To freeze ahead: Complete the recipe up to the end of step 3. Cool, put into a freezer proof container, label and freeze for up to 3 months. To use: Thaw overnight in the fridge. Put into a large saucepan. add the turkey and bring back to the boil. complete step 4.



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Pretty much any leftover veggies can be added to this curry, and it's also great for reheating for lunch the next day.

WEEK SEVEN

VEGETABLE CURRY

This is a real beginners curry. No need for a variety of expensive spices that you might throw away. Give it a go and use as a base. Adding spinach is good and various spices.

Try sweetening it up with cinnamon or making it deeper with ginger.

1kg mixed vegetables (carrots, peas, leeks, turnip etc)
3 onions, peeled and roughly chopped
1 clove garlic, peeled and chopped
1 tin chickpeas
1 tin chopped tomatoes
1 tbsp tomato puree
300ml vegetable stock (1 stock cube)
400g rice
1 tbsp curry powder (add more if you like it hotter)

INSTRUCTIONS

In a large pan, combine all the ingredients except the rice, add the vegetable stock and mix thoroughly.

Bring to the boil, reduce the heat and allow the mixture to simmer, stirring occasionally.

Cook for 30 minutes until the vegetables are tender and the stock has reduced to produce a nice, thick sauce.

Cook the rice as per the packet instructions.

Serve the curry with the rice and warm naan bread.

