



Turkey and chickpea curry

Serves 8

Prep & cooking time: 60 minutes

Ingredients:

- 3 tablespoons sunflower oil
- 2 onions, peeled and finely chopped
- 1.35kg root vegetables (e.g. potatoes or carrots), peeled and cut into small chunks
- 2 cloves garlic, peeled and chopped finely
- 1 ½ tablespoon garam masala
- ½ tablespoon dried chilli flakes or chilli powder
- 200ml turkey or chicken stock
- 1 x 400g tin of chopped tomatoes
- 200g tin of chickpeas, drained
- 75g dried apricots, halved
- 500g cooked turkey meat
- 4 tablespoons yoghurt
- 2 handfuls fresh coriander leaves

Method:

- 1) 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.
- 2) Add the garlic, garam masala, chilli powder and cook for a further 1 minute.
- 3) 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.
- 4) Add the cooked turkey meat and cook for a further 5 minutes or until the turkey is piping hot.
- 5) Turn the heat off, and just before serving add the yoghurt and coriander, serve with plain boiled basmati rice.