Easy Leftover Recipe

Love Guernsey
Reduce Reuse Recycle

COCONUT CURRY

**Need some inspiration? Try this quick and easy recipe.
This spiced curry uses up any leftover turkey and vegetables.
You can bulk it up by adding extra chicken and cooked vegetables.**

1 HOUR +	SERVES 8	FREEZABLE	EGG FREE	NUT FREE	WHEAT & GLUTEN FREE

Ingredients

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

1½ tablespoon garam masala

½ 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

1 Heat a large saucepan and add the oil, onions and cook, stirring for about 10 minutes until just browned. Add the root vegetables and cook over the heat until lightly coloured, about 5 minutes.

2 Add the garlic, garam masala, chilli powder and cook for a further 1 minute.

3 Pour in the stock, coconut milk, chopped tomatoes, chickpeas, apricots and bring up to the boil, then turn the heat down, cover and simmer for about 40 minutes until the vegetables are almost cooked.

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.

Top Tips

1 Save time ahead of Christmas by making your curry sauce in advance. Just 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.

2 Once you have enjoyed this delicious curry, if you have any leftover why not make a packed lunch for work or freeze for another day.