

Turkey and Coconut Korma

Serves 4 / Cooking time 30 minutes



Ingredients

1kg cooked turkey, diced
2 tsp turmeric
4 tbsp oil
2 onions chopped
2 garlic cloves, crushed
2 tsp ground coriander
2 tsp cumin
1 tsp chilli powder
Pinch ground ginger
800g chopped tinned tomatoes
4 courgettes, sliced
2 pints water
2 tsp cornflour
250ml soured cream
100g creamed coconut grated
Seasoning

To serve

Chopped coriander to garnish

Method

1. Fry the onion and garlic in oil until softened. Stir in the coriander, cumin, turmeric, chilli, ginger and fry for 2 more minutes.
2. Add the tomatoes and courgettes and water if more liquid is required. Cover and simmer for about 20 minutes.
3. Then add the diced cooked turkey and seasoning. Mix the cornflour with the soured cream and add to the turkey mixture.
4. Add the grated coconut and stir gently until it melts.
5. Sprinkle with freshly chopped coriander and serve with basmati rice.