



# Turkey curry

Prep: 30 minutes • Cook: 20 minutes • Serves: 4



## Ingredients

1 tablespoon olive oil  
25g unsalted butter  
1 large onion  
4 garlic cloves  
2.5cm fresh ginger  
1 red chilli  
2 teaspoons curry powder  
1 butternut squash (approx. 300g)  
570ml low salt chicken or turkey stock  
185ml coconut milk  
Handful of spinach (approx. 50g)  
1 tablespoon lemon juice  
400g cooked turkey  
1 tablespoon fresh coriander leaves (optional)

## Rice

240g basmati rice  
1 cinnamon stick  
1 teaspoon of whole cloves  
1 teaspoon cardamom pods

## Nutritional info

Low phosphate ✓  
Low potassium ✓  
Carbohydrate **60.1g**  
Low protein ✗  
Low salt ✓  
Cost per portion (November 2023) **£2.05**  
Energy in kcals **584**

- 1** Put rice into a bowl, fill with cold water and rinse well, tipping out the cloudy water. Repeat 3-4 times. Cover with water and leave to soak for up to 30 minutes then sieve and tip into a saucepan. Add 600ml fresh cold water, and the spices. Bring to the boil and cover immediately with a tight-fitting lid. Turn the heat to low and simmer for 10 minutes – resist the temptation to lift off the lid. After 10 minutes, turn off the heat, keep the lid on and leave to stand for 5 minutes. Run a fork through the rice to separate the grains, remove the spices.
- 2** Meanwhile, prepare the vegetables by peeling, deseeding and cubing the squash. Finely chop the garlic, onion and chilli (removing seeds). Heat the oil and butter in a large saucepan. Add the onions and cook for 2-3 minutes. Then, add the garlic, chilli, curry powder and grate in the ginger. Cook over a medium heat until the onion is soft, being careful not to burn the curry powder.
- 3** Add the squash and cook until it begins to stick to the bottom of the pan slightly. Add the stock and bring to the boil. Reduce the heat and simmer for 10 - 15 minutes, until the butternut squash is tender.
- 4** Stir in the coconut milk and lemon juice. Add the cooked turkey, fold in and simmer to heat through and then add the spinach and heat until wilted. Serve with the cooked rice and sprinkle over roughly chopped coriander leaves.