

December Boxing day curry serves 2



Ingredients

- 1 teaspoon oil
- 1 onion, sliced
- 1 tablespoon medium curry paste
- 300ml (1/2 pint) chicken stock
- 200g (7oz) cooked turkey, chopped
- 400g can chick peas, drained and rinsed
- 2 tomatoes, chopped
- 2 tablespoons Greek yogurt
- coriander garnish

Method

1. Heat the oil in a non-stick pan.
2. Add the onion and fry for 2-3 minutes until softened.
3. Add the curry paste and continue to cook for 1 minute.
4. Add the stock, turkey, chick peas and tomatoes, and simmer uncovered for 15 minutes.
5. Stir through the yogurt.
6. Serve with steamed rice and garnish with coriander.