

# Turkey Coconut Korma

## ingredients

24 Green Gourmet Turkey Breast Steaks 57g

3 tblsp vegetable oil

2 tsp mild curry powder

2 medium onions, sliced

720g Sharwood's Korma sauce (lighter range)

200g coconut milk

2 tblsp fresh coriander, chopped



## cooking instructions

- ❖ De-frost the turkey and chop into bite sized pieces.
- ❖ Shallow fry the onions with oil and curry powder until softened.
- ❖ Stir in the turkey pieces then add the korma sauce and coconut milk.
- ❖ Cover and place into a pre-heated oven (180 °C/gas 5) for 30-40 minutes, stirring occasionally.
- ❖ Make sure the dish has simmered gently and is piping hot before serving.
- ❖ Sprinkle some chopped fresh coriander on top.

# Turkey Coconut Korma

## Ingredients

	weight		ingredient cost/kg £	ingredient costs £
Green Gourmet Turkey Breast Steaks 57g	1368	g	5.18	7.08
vegetable oil	30	g	0.43	0.01
curry powder	6	g	6.88	0.04
onions	360	g	0.51	0.18
Sharwood's Korma sauce (lighter range)	720	g	2.31	1.66*
coconut milk	200	g	2.00	0.40
fresh coriander	20	g	8.30	0.17
<b>Total</b>	<b>2704</b>	<b>g</b>		<b>9.55</b>
<b>Cooked portion size</b>	<b>95</b>	<b>g</b>		
<b>Number of portions</b>	<b>24</b>			
<b>Cost per portion</b>	<b>40</b>	<b>p</b>		

## Nutritional Profile

<b>M</b>	fat
<b>L</b>	saturates
<b>L</b>	sugars
<b>M</b>	salt

## Cooked analysis: Nutrients

	analysis per 100g	
energy	129.4	kcal
fat	5.7	g
saturated fatty acids	2.2	g
carbohydrates	5.8	g
NME (non-milk extrinsic) sugars	3.4	g
fibre/NSP (non-starch polysaccharides)	1.3	g
protein	13.8	g
iron	0.7	mg
calcium	19.8	mg
vitamin A (retinol equivalents)	0.3	µg
folate	7.5	µg
vitamin C	1.0	mg
sodium	263.3	mg
zinc	0.7	mg



\* Please note that these are list prices, exclusive of distributor on cost. Contact your RHM representative for further details

## Additional Nutritional Information

This recipe is high in protein and low in saturated fat. It is also a useful source of iron and zinc.

### Allergen information:

The sauce used in this recipe contains milk and celery. It is not suitable for anyone with peanut, nut or sesame allergies.

Please check labels of other ingredients for possible allergens.

### Serving suggestions:

Serve with brown rice to increase the fibre and carbohydrate content.

Mange tout (for extra iron) and tomatoes (for extra vitamin C) make good vegetable accompaniments.