

Turkey Korma

ingredients

- 24 Green Gourmet Turkey Breast Steaks 57g
- 3 tblsp vegetable oil
- 2 medium onions, sliced
- 2 tblsp mild curry powder
- 1 can coconut milk
- 1 sachet creamed coconut
- 1 tsp salt
- 1 carton plain or Greek yoghurt
- 1½ tblsp lemon juice
- 2 tblsp fresh coriander, chopped



cooking instructions

- ❖ Place an oiled tin into pre-heated oven (180°C/gas 5) for 2-3 mins.
- ❖ Add the sliced onions and allow to soften for 10-15 minutes. Alternatively, shallow fry for 4-5 minutes.
- ❖ Add the frozen turkey fillets, and stir in the curry powder.
- ❖ Return to the oven, uncovered, and cook for 20 minutes. Stir occasionally.
- ❖ Add the coconut milk, creamed coconut and salt. Cover and return to the oven to simmer gently for 30-40 minutes
- ❖ Stir in the yoghurt and lemon juice. Return to the oven for 5-10 minutes.
- ❖ Sprinkle the chopped coriander on top. Make sure the dish is piping hot before serving.

Turkey 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
onions	360	g	0.51	0.18
curry powder	24	g	6.88	0.17
tinned coconut milk	400	g	2.00	0.80
creamed coconut	50	g	2.90	0.15
salt	6	g	0.37	0.002
greek yoghurt	400	g	0.92	0.37
lemon juice	24	g	1.92	0.05
fresh coriander	20	g	8.30	0.17
Total	2682	g		8.97
Cooked portion size	95	g		
Number of portions	24			
Cost per portion	37	p		

Nutritional Profile

M	fat
L	saturates
L	sugars
M	salt

Cooked analysis: Nutrients

	analysis per 100g	
energy	113.0	kcal
fat	4.0	g
saturated fatty acids	1.8	g
carbohydrates	5.2	g
NME (non-milk extrinsic) sugars	0.0	g
fibre/NSP (non-starch polysaccharides)	0.5	g
protein	14.4	g
iron	1.0	mg
calcium	47.9	mg
vitamin A (retinol equivalents)	2.9	µg
folate	11.2	µg
vitamin C	2.3	mg
sodium	348.0	mg
zinc	0.8	mg



Additional Nutritional Information

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

Allergen information:

This recipe is not suitable for anyone following a dairy-free diet. Please check labels of ingredients for possible allergens.

Serving suggestions:

Serve with rice or chapattis to increase the carbohydrate content.

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