



Turmeric Turkey

Ingredients (serves 5)

- 1kg turkey breast, cut into 2cm cubes
- 2 tbsp extra virgin olive oil
- 3 small shallots, diced
- 1 brown onion, diced
- 4 cloves garlic, finely sliced
- 2cm piece of fresh ginger finely diced or grated
- 3 tsp dried turmeric or 3cm length of fresh turmeric, finely diced
- 2 tbsp fish sauce
- salt & pepper to taste
- 1 cup water
- 300mls coconut milk or cream
- 200gms green beans (I used Romano beans), ends trimmed and sliced into 2cm pieces
- 1 bunch fresh coriander, chopped
- 400gms rice, to serve
- 2 tsp dried turmeric for rice

Method

Sauté the shallots, onions and ginger with the olive oil for 3 minutes until translucent. Add the garlic and saute for a further 2 mins. Add the turkey pieces and brown for 3-4mins before adding the turmeric, fish sauce and water. Season well with salt and pepper. Cover and allow to cook on a low-medium heat for approximately 15-20mins. Once the turkey is cooked through, add the coconut cream and green beans and cook for a further 3 minutes uncovered. Add half the coriander and stir through just before you serve it. Add the remaining coriander on top. Serve with rice (I cook my rice with turmeric sprinkled in the water).