

# Turkey & Sweet Potato Curry

Like a warm hug in a bowl for the cold winter days

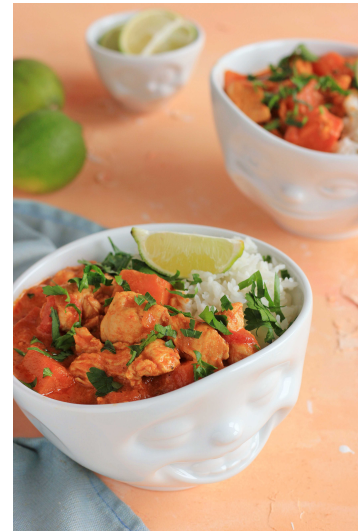
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## INGREDIENTS

(makes 4-6 portions)

- 1 big white onion
- 3 garlic cloves
- thumb sized piece of fresh ginger
- ½ -1 chilli
- ½ tsp turmeric
- 1 tsp sweet paprika
- 1 tsp curry
- 1 tsp salt
- black pepper to taste
- 1 can (400g/2 cups) plum tomatoes
- 1 can (400g/2 cups) coconut milk
- 400g (2 cups) turkey breast or leftover turkey (or 400g (2 cups) chickpeas for vegan version)
- 1 sweet potato
- 1 organic lime
- parsley or coriander for serving
- olive oil



## DIRECTIONS

1. Heat a big pan over medium heat. In the meantime peel and finely dice the onion and the garlic. Once your pan is warm cover the bottom well with olive oil and add the onion and the garlic. Slice the chilli fine and grate or also finely dice the ginger. Add to the pan. Lightly brown everything for a couple of minutes.
2. Once the onions are beautifully brown add the turmeric, sweet paprika, curry, salt and black pepper to taste. Mix in the spices and cook for a couple of minutes. Then add in the plum tomatoes followed by a half a can of water and the coconut milk. Smash the tomatoes a little with a wooden spoon and simmer uncovered over medium heat for about 15 minutes to start reducing the liquid.
3. Peel and dice the sweet potato and dice the turkey breast. Add to the pan and cook covered for another 15 minutes or until the sweet potato has cooked through.
4. Then grate in the skin of a lime and juice of a half a lime. Mix well and continue cooking uncovered to reduce the liquid to your preference (this is optional, if you are happy with the consistency you can stop

cooking at this point).

5. Serve warm with rice or potatoes and garnished with some parsley or coriander.

TIP. If you are using leftover turkey, you want to add it at the very end and only cook it for about 5 minutes to allow it to heat through and absorb the flavours.