

Potatoes and turkey curry and coconut milk sauce

Carbon footprint :
854g of CO2 per plate.



Ingredients	Quantity for 6	Storage area
Turkey breast	750g	fridge
Potatoes	750g	Food reserve
Carrots	300g	fridge
Onions	300g	Food reserve
Shallots	150g (a pinch)	Food reserve

RECIPE STEPS

1/ Peel, wash, cut and mash the shallots

2/ In a saucepan pour one glass of coconut milk, 1.5tsp curry and mashed shallots. Bring to a boil and cook for 10 minutes

3/ Cut the turkey into pieces, incorporate them into the preparation. Simmer until the juice reduces then add the potatoes and the carrots peeled and cut into pieces.

4/ Let simmer for about 10 minutes and add the remaining amount of coconut milk. Bring everything to a boil then stir in the peeled and roughly cut onions.

5/ Let it boil for about 20 minutes, season with salt and pepper as desired.