

SO25



MAURITIAN TURKEY COCONUT CURRY

..... SERVES 4 – 6



Hi I'm Shelina Permalloo.

I'm a born and bred Sotonian, owner of Lakaz Maman Mauritian Street Kitchen in Bedford Place, and winner of BBC's Masterchef in 2012.

As Chair of Southampton 2025, I've designed this special menu, inspired by just a few of Southampton's many cultures, for over 9,000 primary school children in the city to enjoy on **Tuesday 15th March**. Winning UK City Of Culture 2025 will bring lots of amazing events for a whole year and huge opportunities for our young people, both now and in the future. So please join us on this journey by following our SO25 social media channels and help us **#makeitSO**

And why not recreate the menu in your own homes, with the complimentary recipe below?

Enjoy! Shelina x

INGREDIENTS

- 2 tbsp of vegetable oil
- 1 tbsp of garlic puree
- 1 tbsp of ginger puree
- 2 tbsp. of curry powder + 1 tsp cinnamon mixed with 75ml water
- 1 tbsp of tomato puree
- 200ml vegetable stock
- 200g diced turkey
(or quorn, or for a full vegan option substitute with 200g of drained tinned butterbeans)
- 200ml coconut milk
- 100g broccoli
- 100g butternut squash
- Salt, to taste

METHOD

1. Start by preparing your vegetables: cut the broccoli into small bite size florets, Leave the skin on the butternut squash, and chop into same size pieces as the broccoli.
2. Put the oil in a large pan and brown off the diced turkey.
3. Add the garlic, ginger, curry powder, cinnamon, tomato puree and water together until light and fragrant – you will notice that the pan starts to dry a little (*it should take around 2 minutes*).
4. Add in the coconut milk, vegetable stock, salt to taste & diced butternut squash, bring to a simmer and continue cooking until the butternut squash is tender.
5. Add in the broccoli florets, and cook for a few minutes until the broccoli is tender.
6. Serve the curry with the rice and enjoy!



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