**Introduction to cooking week 2: Turkey and parsnip curry with pilau rice**

**Ingredients:**

250gm diced turkey thigh

½ Onion

200gm Parsnip Peeled and chopped

1 ½ Clove of garlic

½ tsp. Ginger

½ tsp. Chilli flakes

¼ tsp. Turmeric powder

¼ tsp. Garam masala

100ml tinned chopped tomato

1 tbsp. Olive oil

Pinch of sugar and salt.

250ml of chicken stock

**For the Pilau rice:**

225gm long grain rice

¼ onion diced

2 Cardamom seeds

¼ Cinnamon stick

3 whole cloves

1 bay leaf

1 tbsp. Light olive oil

300ml Vegetable stock

**Method:**

1. Heat the oil in a wok. Add the sugar and allow caramelising. Next add the chopped onion, garlic, ginger chilli and turmeric powder and cook out the spices for about 5 minutes. Now add the parsnips and mix thoroughly
2. Next add the chopped tomatoes and garam masala, allow to cook for a further few minutes.
3. Add the turkey and parsnips and cook on a gentle heat until the chicken is fully cooked.
4. To make the pilau rice. Heat some oil in a pan. Add the onion, cardamom, whole clove and cinnamon stick and lightly fry for 1 minute. Now add the rice and stir all ingredients thoroughly. Pour in the stock and bay leaf. Cover the rice with some parchment paper and place into a preheated oven to cook for about 40 minutes of until the rice is cooked.
5. Serve curry with rice.