
Curry Turkey Kebabs with Tomato Chutney

Yield: 6 Servings

Ingredients

1 Tbsp olive oil
1 tsp yellow mustard seeds
1 tsp fennel seeds
1 tsp coriander seeds
1 tsp cumin seeds
2 Tbsp garlic (minced & divided)
1/2 cup red onion (diced small)
1 large yellow, red or green bell pepper (diced small)
2 cup Kawamata vine ripened tomatoes, chopped (or grape tomatoes, halved)
2 Tbsp sugar
2 Tbsp rice wine vinegar
1 1/2 tsp salt (divided)
1/2 tsp black pepper (divided)
2 cup cilantro (roughly chopped & divided)
non-stick cooking spray
1 1/2 lb lean ground turkey
2 Tbsp mild curry powder
2 tsp Sriracha (optional)
1 egg
1 cup panko
12 hot dog buns

Cooking Time: 45 min

Instructions

To make chutney, place a medium size sauce pan over medium-high heat and add olive oil, mustard, fennel, coriander and cumin seeds. Toast for 1 to 2 minutes or until the seeds start to pop in the pan. Add 1 tbsp. garlic, red onion, bell pepper, tomatoes, sugar, rice wine vinegar, 1/2 tsp. salt and 1/4 tsp. pepper into the pan. Reduce for about 10 to 12 minutes, until consistency thickens. Remove from heat. Once chutney cools, add 1 cup cilantro, mix well and set aside.

To make the turkey kebabs, preheat oven to 450°. Place ground turkey, 1 tbsp. garlic, curry powder, 1 cup cilantro, Sriracha (optional), egg, panko, 1 tsp. salt and 1/4 tsp. pepper into a large bowl and mix well. Form the meat into 12 hot dog shaped kebabs and place onto a baking sheet, prepped with non-stick cooking spray. Transfer kebabs into the oven and cook for 12 to 14 minutes or until cooked through.

To assemble, add one kebab into each hot dog bun and top with chutney. Enjoy these delicious turkey kebab sandwiches with a side of salad or fresh fruit for a healthy meal.

Recipe brought to you by:

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