

# Turkey 'Vatapa'



## Ingredients (Serves 2)

- 1 tsp coconut oil or vegetable oil
- 1 small red onion, chopped
- 1 red pepper, deseeded and cut into chunks
- 1 courgette, cut into chunks
- 1 teaspoon, fresh ginger, grated
- 1 pack Chilli & Coconut Brazilian Cook Sauce
- ¼ tsp turmeric
- ¼ tsp paprika
- 25g roasted peanuts
- 1 tomato
- 200g cooked turkey breast, cut into bite-sized chunks
- juice of half a lime
- small handful coriander leaves, chopped

## Method

If your peanuts are salted, place them in a sieve and run under the cold tap. Leave to drain then chop very finely.

Skin the tomato by cutting a cross into the skin, at the bottom and put into a bowl and pour over boiling water. Leave for a few minutes then remove the tomato from the water and peel off the skin, which should come away easily. Chop into largish chunks.

Heat the coconut oil in a large frying pan. Add the onions, red pepper and courgette and fry gently, stirring occasionally for about 3 minutes.

Add the Chilli & Coconut Cook Sauce and stir well to mix. Stir in the chopped peanuts, turmeric and paprika and simmer for a couple of minutes. If the sauce becomes a little thick, just stir in some water.

Add the cooked turkey and tomato and simmer lightly until it is warmed through (about 5 minutes), stirring occasionally.

Stir in the lime juice and chopped coriander and serve with rice.