

# Curried Turkey Mince and Rice

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## Ingredients & Quantities

- 300g of Minced Turkey
- 85g of TVP Mince
- 75g of Chopped Onions
- 15g of Chopped Apples
- 60g of Sultanas
- 60g of Plain Flour
- 60g of Margarine
- 730ml of Oxo Stock
- 10g of Curry Powder
- 240g of Long Grain Rice

## Method

1. Soak the TVP.
2. Fry the turkey and onions.
3. Make a roux with the margarine, plain flour and curry powder.
4. Add the stock, stirring constantly. Quickly bring to the boil, still stirring.
5. Add the turkey, onions and TVP and simmer gently until the meat is cooked.
6. Just before serving, add the chopped apples and sultanas.
7. Serve with boiled rice.